

An overly sedentary lifestyle has become so common that the scientific community has coined a name for it: sitting disease. Sedentary people are more likely to be diagnosed with diabetes, cardiovascular problems, and even colon cancer. Your Employee Assistance Program   
can help you find ways to add more activity to your   
daily routine and reduce sedentary behavior.

**ONLINE SEMINAR**

Improve Your Health with Proper   
Ergonomics and Frequent Movement

Research has found that a sedentary lifestyle is just   
as or more harmful than smoking. But we can impact   
this by incorporating frequent movement into our lives!

**Visit your home page starting Jun. 19th:**

**www.mygroup.com**

USERNAME: **company specific**

PASSWORD: **guest**

TOLL-FREE: **800-633-3353**

Available anytime, any day, your Employee Assistance   
Program is a free, confidential program to help   
you balance your work, family, and personal life.

**Reducing sedentary behavior**

EMPLOYEE **Assistance** PROGRAM

**JUN. 2018**

