

Your **SMART** 
SAFETY Moment

Benefits of Exercise

Move it!

Thirty minutes of exercise a day. Five days a week. That's all it takes to significantly improve your metabolism and prevent weight gain. Even if your job is sedentary, there are ways to get some physical activity throughout the day. When you park, pick a spot far away from the entrance. Walk or ride your bike instead of driving. Use the stairs instead of the elevator. Take frequent, short breaks to stretch to get your blood flowing.

A little exercise each day goes a long way toward making you healthier.

And that's smart safety!

For additional information or guidance, contact your safety office.