

MAY National Physical Fitness & Sports Month

Let's go for a
walk

LUNCHTIME WALKING

20-30 minute

It's a combination of fitness, team building, and getting some sun for its mental health benefits.



People who
spend more time
Sitting



Increase their
diabetes risk by

91%

And their cardiovascular
disease risk by

14%

Diabetes and
cardiovascular health
issues are linked to
increased absenteeism,
lower productivity, and
higher health expenses.



With the average person
sitting between

7 and 10 hours

a day,

Most of that time at work, it's
clear that encouraging physical
activity could be your key to
improved workforce health –
and lower overall costs.