

VitaMin

Vital health information in a minute



Step up your fitness with tracking tools

May is Employee Health and Fitness Month.

Challenge yourself to improve your health and fitness.

- Take a break from sitting.
- Have a walking meeting with coworkers.
- Use a pedometer and aim for 10,000 steps a day.
- Challenge yourself (and others) to skip the elevator and take the stairs.
- There are 1,440 minutes in your day—carve out 30 minutes for physical activity.



Tracking your exercise and diet is one of the most effective ways to lose pounds or manage weight.¹ Check out this [great tracking tool](#).² It can help you keep track of your nutrition and physical activity, get personalized tips and support.

Source:

¹ <http://www.apa.org/topics/obesity/weight-loss.aspx>

² <https://www.supertracker.usda.gov/default.aspx>

GO YOU.



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