

INDOOR WALKING TRAIL

START HERE

- Follow the signs.

Adapt the exercises to meet your physical activity level and capabilities. Ask HR for the [Fitting in Fitness at Your Desk](#) guide, too.



THIS WAY NEXT

HEALTH TIP

Learn while you exercise.

Each poster has a health tip for you to think about. Ask HR for an info sheet, or email indoor@employername.com for more info.



INDOOR WALKING TRAIL

STAIR CLIMB

- Climb up one flight of stairs.
- Follow the signs.



THIS WAY NEXT

HEALTH TIP

Wear a tracker and increase your number of daily steps.

Ask HR for an info sheet, or email indoor@employersname.com for more info.



INDOOR WALKING TRAIL

TOE TOUCH

- Touch knees or toes.
- Stand up.
- Do 10 knee or toe touches.

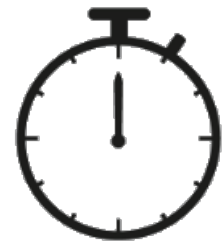


THIS WAY NEXT

HEALTH TIP

Fit in activity throughout the day;
do at least 10 minutes at a time.

Ask HR for an info sheet, or email
indoor@employersname.com for more info.



INDOOR WALKING TRAIL

SIDE STRETCH

- Tilt shoulders.
- Shift hips for balance.
- Do 10 stretches for each side.



THIS WAY NEXT

HEALTH TIP

Emphasize plant-based foods.

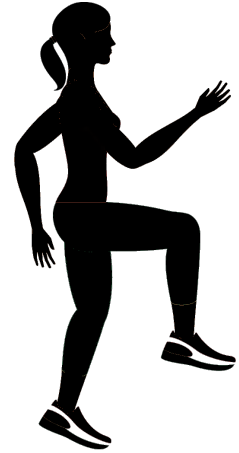
Eat 2.5 or 2 ½ cups of fruits and vegetables every day. Ask HR for an info sheet, or email indoor@employersname.com for more info.



INDOOR WALKING TRAIL

KNEE LIFT

- Lift knee to chest.
- Do 10 knee lifts for each leg.

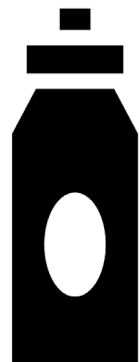


THIS WAY NEXT

HEALTH TIP

Drink more water and less sugar.

Limit your intake of sugar-sweetened beverages. Ask HR for an info sheet, or email indoor@employersname.com for more info.



INDOOR WALKING TRAIL

CROSS STEP

- Balance with your arms.
- Cross right foot in front of left.
- Cross right foot behind left.
- Do 10 sets of steps each way.



THIS WAY NEXT

HEALTH TIP

It's never too late to quit tobacco.

Tobacco use causes about 1 out of every 5 deaths including 30% of cancer deaths in America.

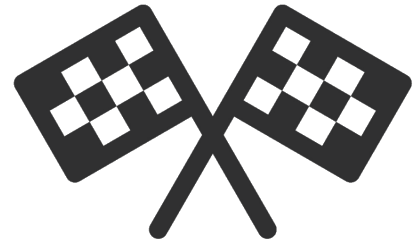
STAY AWAY
FROM
TOBACCO



INDOOR WALKING TRAIL

END HERE

- Congratulations!
- You're on your way to a healthier you.
- Do another lap if you have time.



HEALTH TIP

Set goals and take steps to healthier habits.

Make healthy food choices with a focus on plant-based foods. Exercise regularly.

