



Reducing
sedentary
behavior

Rise Up!

“Sitting disease” is a term now being used to illustrate how a sedentary lifestyle is dangerous for your health. By adding movement to your day you can improve your health and reduce your risk of certain diseases.

Your Employee Support Program can help with:

- Articles on the benefits of exercise and easy ways to add exercise to your daily routine
- FAQs on strength training and water exercise
- Videos that show proper form for many exercises
- Slide shows on stretching and back exercises

CALL OR VISIT US ONLINE

TOLL-FREE: **800-634-0182**

www.team-mn.com

Click: Services

Click on link: Work-Life Support Options

Click on the link: Work-Life Online Resources

Password: TEAMEAP

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

