

# Get Physical!

When is the best time of day to work out? Well, that depends... on you.



If you tend to hit your snooze alarm every morning, consider scheduling time later in the day for your walk or trip to the gym. Or maybe you can't find 30 minutes in your jam-packed schedule for exercise. Then be creative and break up your activity into three 10-minute increments daily, such as taking 10-minute walks during your breaks and lunch at work.

**The important thing when it comes to creating a healthy lifestyle is consistency.**

Our Health Plan complies with applicable Federal civil rights laws and does not discriminate on the basis of race, color, national origin, age, disability, or sex. ATENCIÓN: si habla español, tiene a su disposición servicios gratuitos de asistencia lingüística. Llame al 1-855-547-7710 (TTY: 1-800-662-1220). 注意：如果您使用繁體中文，您可以免費獲得語言援助服務。請致電 1-855-547-7710 (TTY: 1-800-662-1220)。

UN-3202/16142-22M

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