

2022 JULY Physical Fitness Month



Physical Well-being

Physical well-being means having good health and the energy to accomplish tasks. Research shows that those who are physically active are likely to live longer, healthier lives.

Physical activity can lead to many benefits:

- Weight maintenance
- Reduced blood pressure
- Improved glucose regulation
- Stronger bone density

In addition, a person who has hypertension, diabetes or a history of smoking can greatly benefit from including regular physical activity into his or her daily routine.

Activity Tips Throughout the Day

- Hold a walking touchbase meeting at work instead of sitting
- Take the stairs instead of the elevator
- Park in a spot further from the door than usual when out running errands

FEATURED ACTIVITY

For this month's activity, set a physical activity goal and track your minutes. Utilize some of the free apps shared above or with the materials on the **Be Well** site to help keep you on track or continue using whatever you may already have at your finger tips! Report your goal results in the Teams Form at the end of the month.

How to Enter: Scan the **Teams Form** QR code located to the right of this text box or copy and paste the link into your web browser between July 24th and August 6th. Fill out the Teams form to be eligible for this month's incentive.

Physical Fitness Apps

It can be fun to track activity or have a little guidance from the experts. Check out one or more of the following apps in your app store to see if they can help you along your physical fitness journey!

- My Fitness Pal
- Nike Training Club
- FitOn
- Apple and Google Health app
- Nike Run Club

Cretex Frequent Fitness Program:

All Cretex employees are eligible to participate in the Frequent Fitness program. Work out 8 times per month at your participating gym and receive a \$20 reimbursement. Informational flyer can be found in ADP in the Benefits section.

August Activity Sneak Peek

In preparation for August, think about ways you can give back to your community by volunteering.

Not sure where to begin? Take a look at **volunteermatch.org** for opportunities near you.

MATERIALS



go.cretex.com/fitness22

TEAMS FORM



go.cretex.com/bw0722