

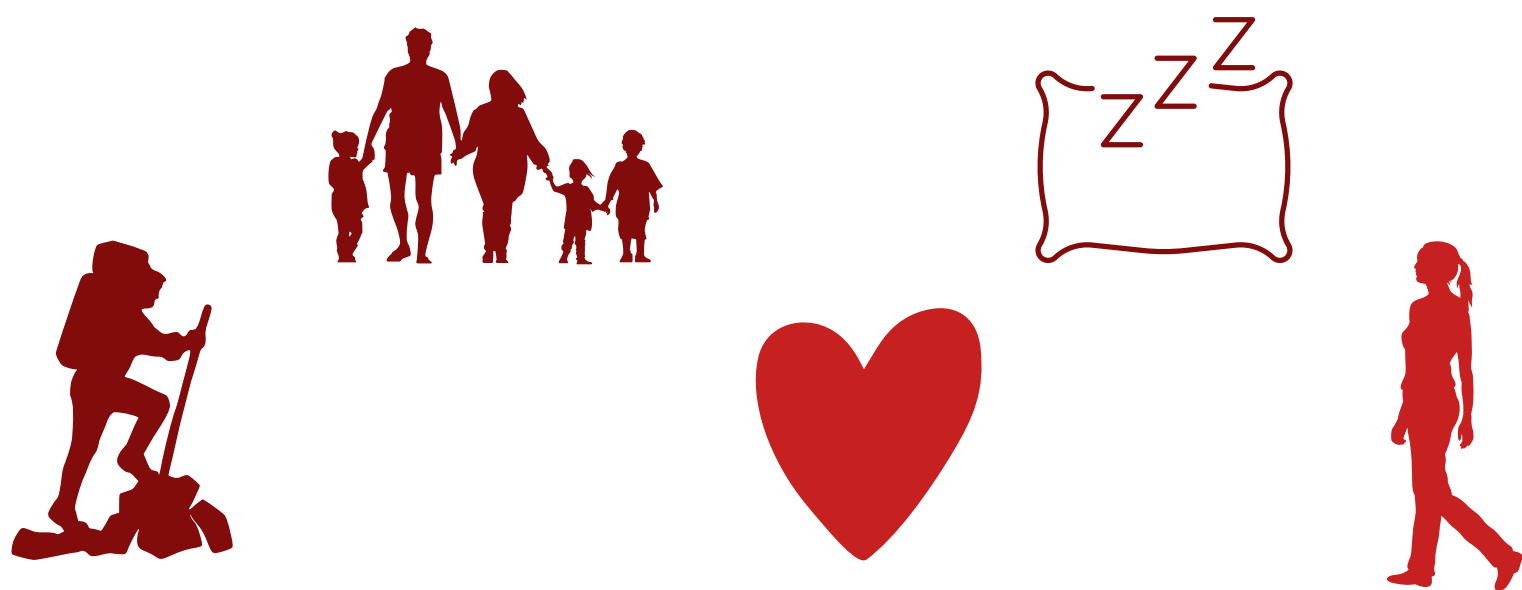


Where to Begin

The longest living people in the world don't "pump iron" but rather work in activities to their every day life that cause them to just move more. You don't need to spend a lot of money or time exercising in order to see the benefits. Even moving for 15-30 minutes a day is a win!

Where are you at in your physical activity journey? Are you...

- Getting Started - Schedule a health coaching appointment with Linnea at Marathon Health to identify your goals. Make an appointment by visiting <https://my.marathon-health.com> or call 763-260-5113
- Looking for a New Challenge - Try out a new activity or class like: pickle ball, curling, step class, a local walking group, etc. Take a peek at your local city or county events page for classes or groups.
- Diving Deeper - Put your skills to the test and sign up for a competition or event like a 5k or a Marathon. You can search for local events on Eventbrite's website: <https://www.eventbrite.com/b/mn--st-paul/health/>



FEATURED ACTIVITY

How to Participate: Scan the Teams Form QR code located to the right of this text box or copy and paste the link into your web browser. Fill out the Teams form to be eligible for the incentive.

What is your Why?

When we think about exercise related goals we often associate the end result with losing weight or gaining more muscle. What if we expanded the scope of thought on this topic? When we take the time to focus on moving our body, we may be thinking about other aspects of our lives. Maybe we want to...

- Increase longevity
- Have the ability to keep up with friends and family
- Improve your overall quality of life
- Maintain mobility
- Improve and maintain mental well-being
- Enhance sleep quality
- Manage chronic condition symptoms
- Improve heart health

Take some time to reflect on the above list...

What is your why?

Additional Resources:

- HealthPartners Discounts
 - Fitness centers, classes, exercise, sports equipment and more!
www.healthpartners.com/discounts
 - Frequent Fitness program
- Learn about Blue Zones:
 - Visit the website: <https://www.bluezones.com/2016/11/power-9/>
 - Watch the documentary series on Netflix:
<https://www.netflix.com/title/81214929>.

Response Form



bewell.cretex.com/0224