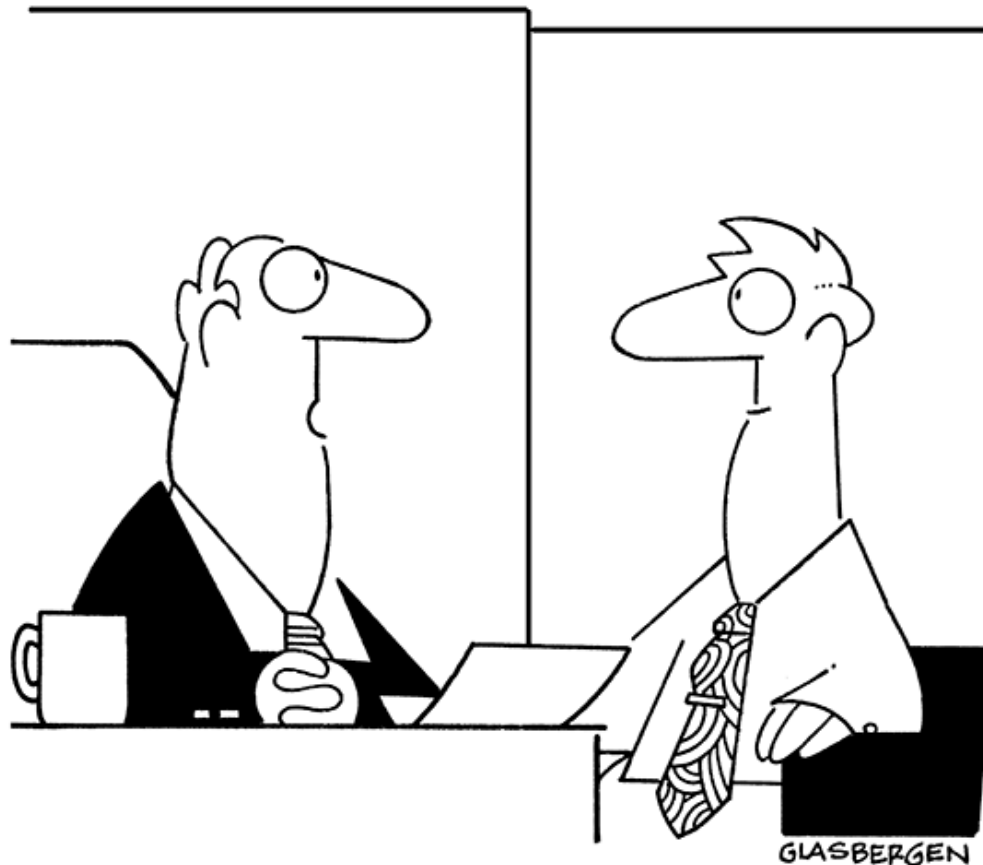


The month of May is Global Employee Health & Fitness Month. Formerly National Employee Health & Fitness Day, Global Employee Health & Fitness Month has been extended to a month-long initiative in an effort to generate sustainability for a healthy lifestyle and initiate healthy activities on an ongoing basis.

Whether at the desk or in meetings, many employees sit for long periods of time, contributing to circulatory problems, stiffness, and muscle aches that negatively affect health and productivity. As we all have heard, sitting down for extended periods is as detrimental to our health as smoking or over-exposure to the sun!

This month, I want you to challenge yourself to move for at least 3 minutes every hour! Sit for 60 minutes and then get up and move for at least 3 minutes. Good Luck!

© Randy Glasbergen / glasbergen.com



**“Dan, you are my most valuable employee.  
Your ineptitude consistently raises the  
self-esteem of everyone you work with.”**

Cartoon used with special permission from glasbergen.com