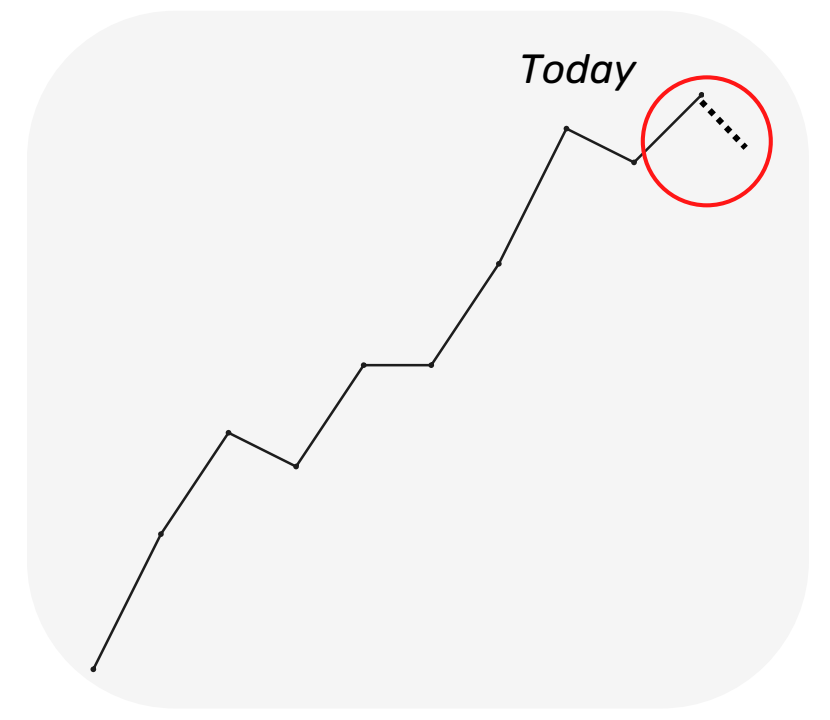


Remember, it's the small changes that matter. By maintaining these habits and gradually incorporating more movement into our daily routines, we will experience a positive transformation in our physical and mental well-being.



DON'T LET A BAD DAY



DISTRACT YOURSELF FROM THE PROGRESS YOU HAVE MADE

## JULY - STAY ACTIVE

The holiday season is here, and many processes of change come to a halt. Leading up to the vacation, we postpone our goals and plans until after the break, and when we return, it can be tough to get back on track. Those of us who are back at work often run a little faster to make things fit together, leaving little time to reflect on our own processes of change.

It's important to remember not to let a rough period overshadow the progress we have already made. Let's appreciate the results we have achieved so far.

1

### **Set reminders:**

Use reminders on your phone or computer to remind yourself to move regularly. You can set reminders to take a short walk or do stretching exercises every hour or two. This will help you maintain movement throughout the day.

2

### **Draw on past experience:**

If before the vacation, you had gotten into a good routine of being active in your daily life and now find it challenging to get back to the same level, start where you did the first time. Quickly, the good habits will begin to spread, just like before.

3

### **Stick to small changes:**

Try parking a little farther away to get some extra steps in. Raise your desk for lunch and when you leave, so you start the day with a raised workstation, which encourages more standing time. Straighten your back and roll your shoulders when you go to get coffee.

Let's stay active and keep moving this July and beyond. We have the strength to achieve our goals and create positive changes in our lives.

Take inspiration from the progress you have already made, and let's continue supporting each other on our journey toward a healthier and more active life.

Be strong, be persistent, and let's move forward together!



**OFFICEFIT**  
STAY ACTIVE WHILE WORKING