

# He needs a break and so do you.

Get away from your computer a few minutes several times a day and add these activities into your daily routine:

- Stand up while you talk on the phone.
- Go for a brisk walk at lunch.
- Take the stairs instead of the elevator.

Want more easy office exercise ideas? Enroll in Lifestyle Coaching. A personal health coach will provide a custom and completely confidential healthy living plan that fits your busy life – along with tools and encouragement to keep you motivated. Best of all – it's free!

**1-888-275-1205, Option 4**  
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