

# Your mop is ready to MOVE. Are you?

Adding a little extra energy to your normal cleaning routines can add extra pep to your step.

\* While cleaning your house,  
turn on some music that gets  
you in the dancing mood.  
*Shake those hips!*

\* When reaching for those  
high corners, really feel  
the stretch and hold it.  
*Feel that stretch!*

\* If it normally takes 15 minutes  
to vacuum your house, try  
getting it down to 10 minutes.  
*Move a bit faster!*

Want more fun tips for adding simple exercise steps into your daily routine? 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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