## Busy? Break

 exercise into

Reduce portions

## 10-minute

## 10

Take at least one $10-$ minute active work break a day.


2 gradually. Start by
 serving yourself about 10 percent less at meals.

*Talk with your doctor before significantly increasing your activity level.

Sources: American Council on Exercise; Centers for Disease Control and Prevention;
National Institutes of Health

The information provided here is for general informational purposes only and not intended to be nor should be construed as medical or other advice. You should consult your own doctor and/or an appropriate professional to determine what may be right for you.
O1W1601.02
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