FITTING IN FITNESS

HOME

Jumping jacks
DURING COMMERCIAL BREAKS

Do your own
HOME IMPROVEMENT PROJECTS

Walk around the house
WHEN ON THE PHONE

WORK

Take the stairs
INSTEAD OF ELEVATOR

Walk to a coworker's desk
INSTEAD OF CALLING

Set up walking meetings
OUTSIDE OF THE OFFICE

Bike to work
WHEN POSSIBLE

ON THE GO

Park the car farther away
TO INCREASE WALKING DISTANCE

Carry your food WHEN
SHOPPING FOR LIGHT GROCERIES

Add a few blocks
WHEN WALKING THE DOG

A FEW CHANGES CAN HELP YOU GET MORE PHYSICAL ACTIVITY

PP-LIP-USA-0531-03
© 2020 Viatris Inc. All rights reserved.
December 2020
VIATRIS™