

Stretch for Coffee Break



**take a
10 minute walk**

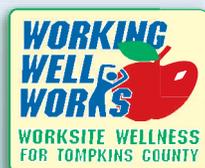
Your head may say "kick back," but your heart says "step out."

With regular physical activity you'll get more for yourself and those who count on you.

And all physical activity counts!

If blocking out a half hour or more just doesn't work for you, slip in a simple ten minute walk (5 minutes out and 5 minutes back) whenever you can.

Tell your head to listen to your heart.



Worksite Wellness for Tompkins County
www.tompkins-co.org/wellness/worksite/

Health Promotion Program, Tompkins County Health Department, Ithaca, NY 08/02