



online seminar

available starting june 19

improve your health with proper ergonomics and frequent movement

Research has found that a sedentary lifestyle is just as or more harmful than smoking. But we can impact this by incorporating frequent movement into our lives!

SUPPORT LINC
MEMBER ASSISTANCE PROGRAM

reducing sedentary behavior

“Sitting disease” is a term now being used to illustrate how a sedentary lifestyle is dangerous for your health. By adding movement to your day you can improve your health and reduce your risk of certain diseases.

SupportLinc can help with:

- Articles on the benefits of exercise and easy ways to add exercise to your daily routine;
- FAQs on strength training and water exercise;
- Videos that show proper form for many exercises;
- Slide shows on stretching and back exercises.

toll-free phone number
1-888-881-LINC (5462)

website

www.supportlincmap.com
username: **peht** password: **member**

Available anytime, any day, SupportLinc is a free, confidential program to help you balance your work, family, and personal life.