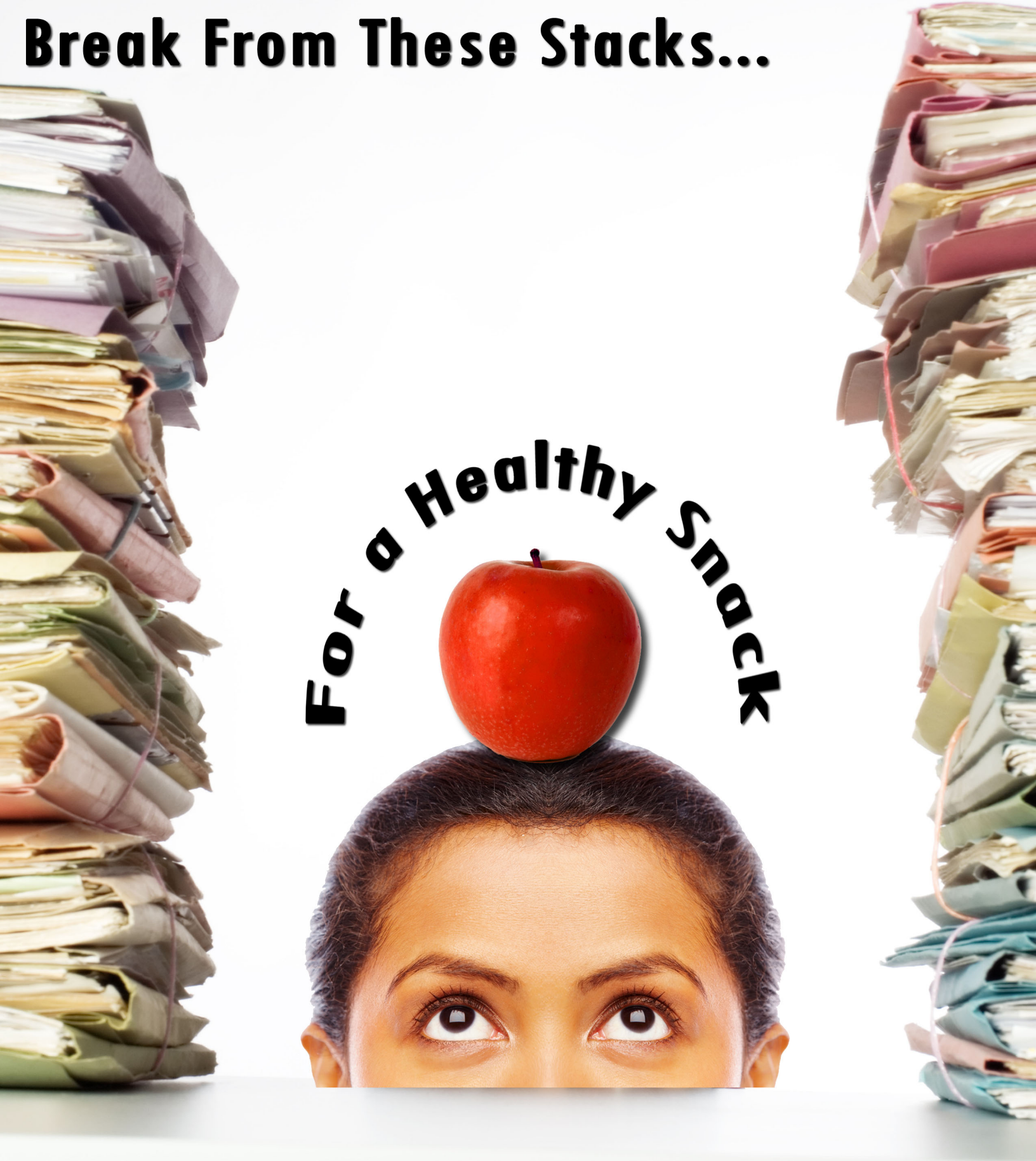
JUMP START YOUR DAY!

Fitness Anytime, Anywhere! There are several physical activities that require minimal equipment, such as walking, jogging, jumping rope, or calisthenics. Try to set aside some time in the morning before to enhance your daily physical activity. A light exercise during the morning followed by a nutritious, healthy breakfast can help you jump start your day!

This information is not meant as a substitute for personal medical advice. If you have a medical problem, you should consult your medical or health care provider. For more information on wellness and health topics, please visit:
www.cpms.osd.mil/wellness

Civilian Personnel Policy

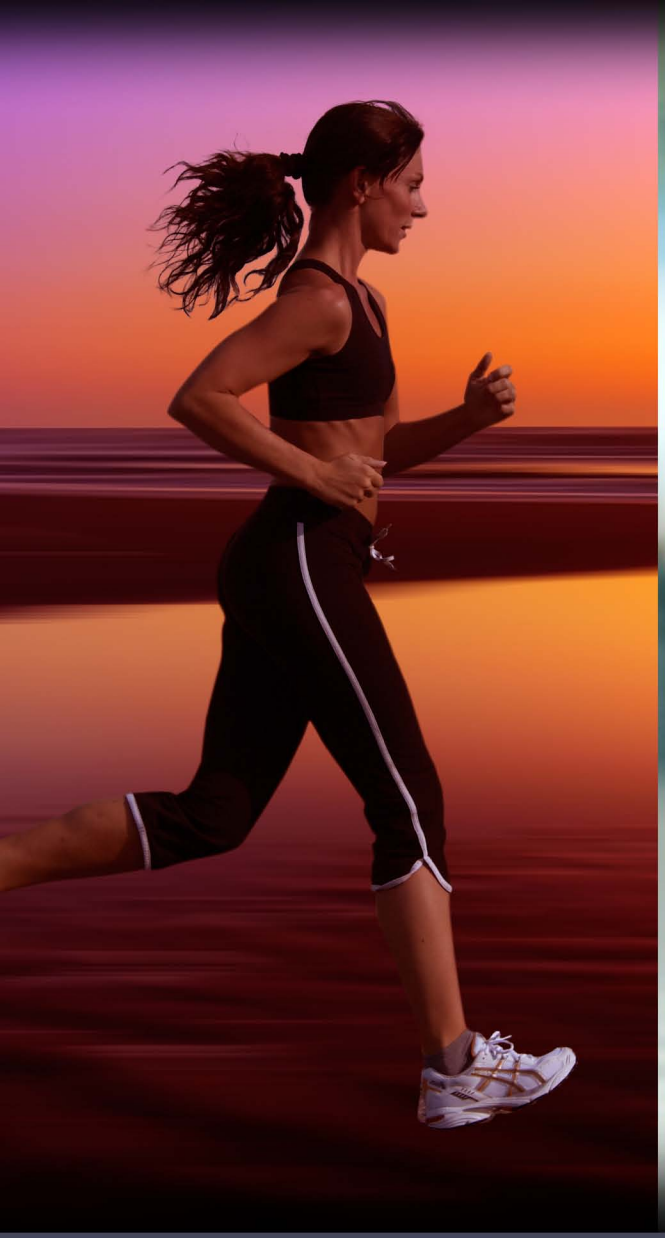
Break From These Stacks...



Take a breather! It's easy to get submerged in work and daily stress. Try taking a short break to relax, grab a low-calorie snack, and do some breathing exercises. Breathing exercises are great for your health and can be easily incorporated throughout your work day.

This information is not meant as a substitute for personal medical advice. If you have a medical problem, you should consult your medical or health care provider. For more information on wellness and health topics, please visit:
www.cpms.osd.mil/wellness

Civilian Personnel Policy



Redefine Your Shape At Any Age!

Age is Nothing but a Number! Look upon aging as an opportunity to become more active instead of less. Do simple warm up and cool down stretches before undertaking an exercise regime. Exercise appropriately considering your age, fitness level, and health status. A walk can be as effective as a run; a body sculpting class could be an optimum alternative to a spinning class. Progress physical activity at your own pace.

This information is not meant as a substitute for personal medical advice. If you have a medical problem, you should consult your medical or health care provider.

For more information on wellness and other health topics, please visit www.cpms.osd.mil/wellness

Civilian Personnel Policy

It's Worth Giving You Something to Smile About!

Stay Fit. Stay Smart. Stay Ready.

It's time to put your fitness to the test and see results! Identify available time and start by monitoring your daily activities for one week. Identify at least three 30-minute time slots you could use for physical activity such as riding a bike, jogging around the block, joining an exercise class with a friend!

This information is not meant as a substitute for personal medical advice. If you have a medical problem, you should consult your medical or health care provider.
For more information on wellness and health topics, please visit: www.cpms.osd.mil/wellness

Civilian Personnel Policy