

BE YOUR OWN LEADER.



YOU TAKE CARE OF YOUR
WORKFORCE, NOW TAKE
CARE OF YOURSELF!

Achieve a healthier outlook and attitude. As an executive, it may be difficult to fit physical activity into your work schedule, so it's important to find time to relax during the weekend. Enjoy the weather by engaging in outdoor activities. Try to arrange a group of family/friends to go hiking, golfing, rock climbing, jogging or some other sort of outdoor activity. Reenergize after a long week of work by investing in your health!

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





WORK HARD.

PLAY HARDER.

Make fitness a priority. Maintaining good health is one of the essential qualities of life. Prioritizing time for fitness at least three times a week can improve your overall health and reduce the risks of lifestyle diseases. You can set aside at least 30 minutes for physical activity after work and still have plenty of time to participate in other leisure activities afterward.

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