*HOW TO SEND THIS MESSAGE TO YOUR EMPLOYEES:*

* *Copy all graphics and text below these red bullets and paste them into a blank email message*
* *Paste the Subject Line above into your draft email subject line*
* *(optional) BCC group lists to prepare for distribution to your people*
* *HAPPY SENDING!*

|  |
| --- |
|  |

Shorter Workouts for the Win!

According to the American Council on Exercise, research continues to emerge supporting the notion that several shorter small bouts of exercise accumulated throughout the day may add up to the same benefits that single, longer workouts provide. These “micro-workouts” can provide many of the same benefits as one continuous bout of activity, including improvements in aerobic fitness, muscle tone and even weight loss.

Consider incorporating a few 7- or 10-minute micro-workouts throughout your day. It can add up to great results!

[Try these micro workouts](https://www.epicbrokers.com/wp-content/uploads/2022/12/EPIC-WayToWellness2023-ShorterWorkoutsWin-FEB.pdf) or create your own. Find what works best for you to maintain a consistent exercise routine for better health.

[Download your 2023 companion calendar](https://epicbrokers.com/products/wellness-health-management/) with more great tips and challenges to track for each month. Stay tuned for upcoming topics!

©2023 Edgewood Partners Insurance Center. All rights reserved. | CA License: 0B29370