



STEP UP STAND OUT

MORE MOVEMENT MEANS A HEALTHIER YOU
– SO TAKE STEPS TO QUIT THE SIT!

Standing and moving around during the day can improve your health and even lower your risk of an early death. A sedentary lifestyle is associated with a higher risk of being overweight, developing type 2 diabetes or heart disease, and experiencing depression and anxiety. So let's get moving!



Contact **Linda G.** at wellnessconsultant@bellin.org or **920.436.8668** for more resources. For 24/7 health system access, go to bellin.org/contact or call **800.528.7883**.



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