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*free*  
to  
**LIVE**<sup>TM</sup>

**getting active**



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## healthy tips

### Getting Active at Work!

- Take 15 minutes during your lunch break to do a simple stretching and toning routine.
- Bring your sneakers to work and take a brisk walk during your lunch hour – it will make a world of difference in your energy and attitude!
- Encourage co-workers to join you in your efforts to include physical activity into your workday. Exercising with a group can be highly motivational and keep you on track with your personal goals!



Here are a few simple exercises you can do right at your desk! You can find instructions on how to perform each exercise in the *Physical Activity Section* of your **Free-to-Live Success Kit**.

- **Leg Toner** — inner/outer thigh and inner/outer calf
- **Wing Press Stretch** — upper back stretch
- **Knee Kiss** — inner thigh and abdomen
- **Side Saddle Lift** — hips and outer thighs
- **Suspended Legs** — thighs and buttocks

