



NATIONAL
GET FIT
DON'T SIT DAY
.....
GET UP & MOVE!
.....
MAY 6, 2015

Take a step toward a healthier you!
The American Diabetes Association
recommends that everyone,
including people with diabetes,
limit the amount of time they spend sitting.

Get up and get moving
at least every 90 minutes.

COMPANY ACTIVITY:

WWW.WELLNESSLIVESHERE.ORG