LET'S MOVE, MASON!

We encourage you to #LiveWellMason by incorporating more physical activity throughout your day! Physical activity has been associated with many benefits, including†...

- Reduced risk of chronic diseases
- Improved sleep
- Sharpened focus and functioning
- Reduced stress
- Boosted mood
- and more!

†Provided by The Centers for Disease Control and Prevention and health.gov.

SHOW US YOUR MOVES!

Tag Human Resources & Payroll (@GMUHRandPayroll) on Facebook, Twitter, and Instagram while you move! Need ideas? Here are a few!

- Take a walk with campus colleagues at our monthly We’re Walking Wednesdays, or any time it is convenient for you
- Try desk exercises and chair aerobics
- Bike to work
- Take the stairs instead of the elevator
- Use one of the many alternate transportation options available to you
- Take a moment to dance to your favorite song
- Perform stretches when and where you can

#LIVEWELLMASON