



Lose the loafers. Give the heels a break. **Wear sneakers to work** April 9-13 and you'll see how easy it can be to fit in more activity. Walk to lunch. Park a few blocks away. Hit the pavement on your coffee break. As long as your heart beats faster for 10 minutes, it really counts! So get active and sneak it in. You'll be rewarded with a longer, happier, more fulfilling life.

SNEAK IT IN WEEK APRIL 9-13



BACK IN 10

(I'M SNEAKING IT IN)

