



Exercise at Work

Start a meeting with a prayer, inspiration, reflection, or mindfulness exercise and end with a stretch.

Share information on desk exercises with your team and coworkers.
www.webmd.com/fitness-exercise/exercise-at-your-desk

Create/organize a friendly "challenge" for who can stay with doing daily stretches.



Make Exercise work for you

Choose an exercise that you love (basketball, biking, dance, yoga, swimming, walking) and commit to spend 1 hour a week doing it.

Sign up for a class in a physical activity you enjoy (dance, exercise, outdoors)

Find an exercise partner that will encourage you to reach your goals.

Flourish Toolkit

A toolkit brought to you by EDP 4

Topic: Physical Wellness

Commitment: Medium

www.voa.org/flourish