

WEDNESDAY WELLNESS TIPS:

4/5/17

HELLO! HERE ARE SOME HELPFUL HEALTH AND WELLNESS TIPS THAT ARE EASY TO START TODAY! CHECK OUT OUR WEBSITE FOR MORE GREAT INFORMATION! [LANSING GO!](#)



Wellness Tip

Use an App!

- ❖ Many of us have access to a cellphone, tablet, or computer at work and/or at home..use it for good!
- ❖ There are so many programs and apps that can give you tips, plan a work out, track your progress, log your calories, etc...Give one a try based on your goals!

Some top apps..

Some more apps..

Daily Burn

Pick one that works for YOU!

Upcoming Events!

Tough Turtle 2017!

Journey Fitness Challenge (see attachment for details)

Compliments of Lansing GO, Employee Wellness Committee!