

# TAKE A STEP TOWARD A HEALTHIER YOU!



NATIONAL  
**GET FIT**  
DON'T SIT DAY<sup>SM</sup>  
.....  
**GET UP & MOVE!**  
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MAY 4, 2016

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

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