



# Now is always the right time to kick-start a healthy habit

## Let your Employee Assistance Program (EAP) show you how to make it possible

Some people say “the only bad workout is the one you didn’t do.” You may feel like adding more exercise to your busy day is easier said than done. But there are small steps you can take to fit it into the things you already do at home or work. This could include taking the stairs instead of an elevator, setting a reminder to take a walk every hour, or standing while on the phone. The key is getting started and adding more things at your own pace. Adding more movement to your day can give your energy level a healthy boost. It also can help lower the risk of heart attacks and certain cancers, and make your mood better. Your Employee Assistance Program (EAP) can help you find the activity that’s right for you.

Log on to our website this month to read these feature articles. They’re under the *Monthly Promotion* tab in the *Centers* section:

- Healthy habits take time and effort
- 5 minutes for health
- Healthy eating starts with healthy food shopping
- Make family time active

Visit our website or call for free, confidential help from our team of EAP experts.\*

[anthem.com/eap/verizon](http://anthem.com/eap/verizon)  
1-888-441-8674



\*In accordance with federal and state law, and professional ethical standards, all information you provide is confidential.

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