

TAKE A STEP EVERY MONTH TO IMPROVE YOUR HEALTH!

You could be eligible for a \$500 bonus under the Total Health Incentive Plan, which was part of the 2012 National Agreement and is continuing in 2015.

12 FOR '15

1 Take the stairs

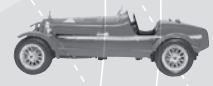


2 Breathe



3 Plan your time off

4 Adopt a healthy lifestyle goal



5 Park your car farther away and walk



6 Keep healthy snacks on hand

7 Take the total health assessment



8 Enjoy the outdoors



9 Make the most of the National Agreement



10 Stretch



11 Update your numbers (BMI, blood pressure, cholesterol)



12 Practice gratitude

