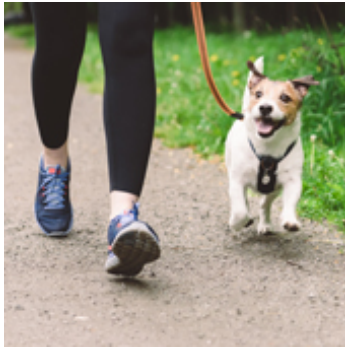




Sneaky Ways to Get More Steps in Your Day



A daily recommended step count of 10,000 steps can seem daunting. But it doesn't have to be! With a few small tweaks, you can easily reach your goal without even realizing it.

Here are some sneaky ways to get more steps in your day:

If you're watching television, stand up and walk around during commercial breaks—this adds up quickly! Find small

opportunities to stretch your legs while at home or work. Park further away in the parking lot—and make it a habit. Go for a brisk walk during your lunch break. When standing, use one foot to balance on an object or chair to keep active. Dance while you do house chores.

These extra steps add up quickly and can help you reach your 10,000-step goal. Get moving and reach your goals today!

Afternoon Slump? Caffeine-Free Ways to Get Through Your Workday

Feeling the afternoon slump? We all know that feeling—when the coffee is gone and you're stuck in front of your desk, trying to keep focused. Instead of going for another jolt of java, try these caffeine-free ways to get moving.

Take a short break. Step away from your work for five minutes and stand up for a bit. Stretch, walk around the office, or even take a quick lap outside—you'll be surprised at how refreshed you feel when you get back to your desk.

Grab a snack and hydrate. Dehydration is one of the main causes of an afternoon slump. Reach for some hydrating snacks like watermelon, cucumbers, and celery.

Change your environment. A new view can really help get those creative juices flowing again. If you're stuck in a cubicle, try taking a walk around the office building or move to an open space to work.

Revitalize your afternoons and stay productive with these simple steps to beat the slump.



3 Health Benefits of Indoor Plants



Indoor plants have numerous benefits that make them the perfect addition to any home or office. They can improve air quality, boost mood, decrease stress, and add beauty and life to any space. Here are three incredible benefits:

Filter toxins. Plants filter toxins from the air by absorbing carbon dioxide and releasing oxygen. This process helps clean the air in your home or office which can reduce respiratory problems.

Reduce stress. Indoor plants have been proven to reduce stress levels. Studies show that people in offices decorated with plants report less stress than those without them. The natural beauty of greenery combined with their calming effects can help create an overall sense of wellbeing and relaxation.

Beautify your environment. Give life to your living space. Plants not only look beautiful, but they also create a sense of connection with nature and can complement any existing décor.