

# Who needs New Years when you've got summer?

## Improve your health with little effort.

It's never too late to take small steps to be more active and improve your health.

And with Omada, you have a virtual care program that gives you a personal health coach to guide and motivate you. Step into summer with a fresh start. Omada is offered at no cost to you, if eligible.\*



## All in a Day

This summer try these small, simple activities.

### Cool off in the shower.

The colder your shower, the more work your body is doing to heat itself. Every goosebump is a tiny muscle in action.

### Don't be still at your workstation.

Make it a habit to stand up every 30 minutes to give your back, legs and arms a good stretch.

### Add a few steps to each morning.

Morning walks, before work, can help clear your mind, lift your mood, improve flexibility and boost energy.

### Give your eyes and brain a screen break.


Try 20 minutes a day with no screen time and start "seeing" the health benefits.

### Enjoy lunch outside.

Let natural daylight and fresh air help add Vitamin D, lower stress, and improve mood. Plus, your lunch may taste better.

### Skip the couch or lounger during TV time.

Sit on the floor. It opens up your hips and lets your knees work at different angles. Hard floor? Grab a pillow.

 Take the next small step and join Omada.

 Get started today at no cost to you.\*

[omadahealth.com/healthycounty](https://omadahealth.com/healthycounty)