



The most effective health tip: Get moving.

Health Facts

#1: Exercising for at least 30 minutes regularly (daily if possible) can reduce your risk of heart disease, diabetes, and depression.

#2: Exercising three times or more a week can boost your energy and help you sleep better.

#3: Exercise is free. Walk around your neighborhood or do push ups in your living room.

#4: Recruiting a friend or family member makes it easier to stick with an exercise routine.

Visit the **Exercise Lifestyle Improvement Center** at www.webmdhealth.com/mississippi. Learn about your current health status, have a personalized fitness plan created, and use the tools to track your progress over time.

Exercise Lifestyle Improvement Center
www.webmdhealth.com/mississippi

Take the next step.

Complete the online HealthQuotient (HQ) to learn about your specific health risks so you know where to focus.

Get professional support.

Based on your HQ results, you may qualify for confidential health coaching with WebMD. Call (866) 789-4594 for more information.