



Reducing  
sedentary  
behavior

Rise Up!

An overly sedentary lifestyle has become so common that the scientific community has coined a name for it: sitting disease. Sedentary people are more likely to be diagnosed with diabetes, cardiovascular problems, and even colon cancer. Your Employee Assistance Program can help you find ways to add more activity to your daily routine and reduce sedentary behavior.

#### ONLINE SEMINAR

Improve Your Health with Proper  
Ergonomics and Frequent Movement

Research has found that a sedentary lifestyle is just as or more harmful than smoking. But we can impact this by incorporating frequent movement into our lives!

Visit your home page starting Jun. 19th:

[www.allonehealthheap.com](http://www.allonehealthheap.com)

USERNAME: **healthtrust**

PASSWORD: **member**

TOLL-FREE: **800-759-8122**

Available anytime, any day, your Employee Assistance Program is a free, confidential program to help you balance your work, family, and personal life.

LifeResources