



Your health. Your partner.<sup>SM</sup>

## A Call to Change ... Get Moving, Get Fit<sup>SM</sup>

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Renew your energy and discover a new way to be active for life. Being active helps you manage your weight, reduce stress, feel better and improve your health. The good news — it's okay to start small. The golden rule for physical activity: "Some is better than none, and more is better than some." Whether you want to become physically active, stay active, or step up the pace of your current routine, HealthPartners *Get Moving, Get Fit* phone course is for you.

The course is designed to help you meet your individual activity goals and improve your overall health. Working one-on-one — at your own pace — you will learn about:

- ✓ The difference between physical activity and exercise
- ✓ The benefits of physical activity and exercise
- ✓ Strategies to overcome possible barriers to increasing your activity level
- ✓ Setting a personalized plan to meet your activity goals

### **Here's how it works:**

- ◆ You'll talk one-to-one with an exercise specialist during 20-minute phone calls.
- ◆ You may schedule your phone sessions between 7 a.m. and 10 p.m., CT, Monday through Thursday and between 7 a.m. and 6 p.m., CT, Friday — at home, work or anyplace that's convenient for you.
- ◆ You'll complete workbook activities on your own time that will give you the tools and personal guidance you need to get moving and stay moving.
- ◆ You'll have access to HealthPartners 10,000 Steps<sup>®</sup> program — either online or by mail — and you'll receive a pedometer which counts every step you take!

For more information or to register, please call 952-883-7800, 1-800-311-1052 (outside the Twin Cities metro area) or our TTY line at 952-883-7498.