

# Get your daily dose of physical activity.

150 minutes of physical activity a week can decrease tension levels, elevate your mood and help you de-stress at the end of your workday.



*Sneak*  
it in 

No matter when, where or how you work, finding time to take physical activity breaks will help you be at your best.

[ParticipACTION.com/sneakitin](https://ParticipACTION.com/sneakitin)

  
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