WITNESS THE FITNESS

Catch your co-workers in the act of fitness!

Let’s get moving! If you “Witness the Fitness” with a co-worker, please complete nomination form at Witness the Fitness with the details, such as WHO is doing the fitness, WHAT type of exercise, WHEN you saw them, WHERE you saw them and WHO you are. The exercise can be walking, stretching, stairs, and more. By nominating your co-workers, they will have a chance to win a $50 gift card. For 2018, Wellness at Work will have one winner per month. Best of luck to all.

BENEFITS OF EXERCISE:

- Strengthens your heart and bones
- Improves mental health by reducing stress, depression and anxiety
- Strengthens immune system and learning abilities
- Increases energy and alertness

WELLNESS @ WORK

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Visit W@W web page:
https://wellness.charlottecountyfl.gov