

WELCOME TO

# STAY ACTIVE SEPTEMBER

## SEPTEMBER ACTIVITY

### Set and Track Fitness Goals

Know where you're going and watch yourself get there. Your first tip? Boost your heart rate throughout the day to increase your activity minutes!



Gallagher

Insurance | Risk Management | Consulting

powered by

navigate<sup>o</sup>

Wellbeing Solutions

The information in this activity document is provided for general informational purposes only and should not be considered medical advice, diagnosis or treatment recommendations.