



## Hello!

Here is your Health Kit for June 2021. Please take a few minutes to distribute all materials via email and share this message. Your dedication to wellness makes a difference.

Thanks for your efforts!

We all know exercise is good for us, but for many people, it can be hard to find time to fit it in. The good news is you don't have to go to a gym to get active — in fact, you don't even have to leave your house. This month's Health Kit provides information and tips to help you stay active from the comfort of your own home.

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### Poster

Check out this month's poster for sneaky ways you get can be active without leaving the house.

[Download Poster](#)

## Brain Game

Unscramble these items to find words associated with activities you can do at home.

Download Game

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## Recipe

Check out this month's recipe for a healthy and flavorful chicken dish!

Download Recipe

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## Podcast

This month's podcast highlights three ways you can get active at home.

Listen

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## Short Video

Watch this short video for creative ways to get in your physical activity through chores you already do at home.

Watch Video

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## Additional Information:

[For More Information on Getting Active](#)

## Coming up...

Tune in next month for information on mindful eating.