

FIND Your Fit

Fulfill your physical wellness potential

When you're confident in your fitness, many physical aspects of life become easier.

FIRST ASK
YOURSELF

How often am I active?

How's my posture?

What foods do I eat?

What's my level?

How much sleep do I get?

THEN MAKE
A MOVE

Get into the habit

MOVE: Get 30 minutes of exercise every day

EAT: Plan your meals ahead of time

SLEEP: Hit that eight hour sweet spot

DON'T SLOUCH: Stand up straight and think about your posture

SANFORD[®]
HEALTH PLAN