



The Easiest Way to Stay Active When it's Cold

No gym membership required.



Try “exercise snacking”

Studies show even quick spurts of movement a few times a day can improve your health. This could be running up / down stairs, or doing squats in your living room.



Multitask while you watch TV

Hand weights and resistance bands are affordable pieces of equipment that allow you to build strength and flexibility at home.



Do active housework

Doing tasks like vacuuming, scrubbing floors, or organizing can keep you moving.



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