

# HEALTHY AT HOME

Even though things may be feeling a bit out of control, you can take back control by building in daily activity. Regular exercise is essential for supporting healthy immune function, preventing weight gain, boosting your mood and keeping you as healthy as possible during the current global pandemic.

Looking for workouts to do at home?

- Check out this [30-day workout calendar](#)
- [Click here](#) for AssuredPartners online workouts
- [Learn more](#) with our monthly exercise features
- Make time for nature. Take walks, read a book outside or have a picnic in the backyard
- Take breaks throughout your work day for stretches



## Get Up Offa That Thing

DESK STRETCHES

Don't let your desk job leave you feeling stiff. Take some time to do a little moving and shaking throughout the day in the comfort of your office space. But you don't have to stop there—wander around the office or take a stroll outside from time-to-time, too. These simple steps are sure to help you move naturally to well-being.



FITNESS EDITION

DID YOU KNOW THAT EVEN ONE ADDITIONAL HOUR OF SEDENTARY BEHAVIOR CAN NEGATIVELY IMPACT YOUR IMMUNE FUNCTION?