



FOCUS AREAS

Physical Activity



Movement is an essential part of your daily routine. Regular exercise helps you maintain mobility, strengthen muscles and improve cardiovascular health. It also boosts mood, reduces stress and gives you a well-earned feeling of accomplishment. Consistently incorporating a variety of low- and high-intensity workouts into your day lowers your risk of chronic conditions and supports a well-balanced life.

INTERESTED IN LEARNING MORE, EARNING POINTS & BOOSTING YOUR STATUS?

Explore our 'Physical activity' focus areas!

Each focus area conveniently groups point-earning opportunities like goals, videos and articles related to a specific topic, helping you build healthy habits for long-term results.

OUR 'PHYSICAL ACTIVITY' FOCUS AREAS CAN HELP YOU ACHIEVE THE FOLLOWING:

- Start exercising
- Get consistent with physical activity
- Intensify physical activity

You can find these resources by navigating from your homepage to **Focus on your health > See all focus areas > Filter > Physical activity.**