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## Keep moving any way, all day

The COVID-19 pandemic's restrictions have limited much of our everyday physical movement, including simply walking to and from the car to work or another destination. It's easy to get stuck sitting for prolonged periods, which poses health risks. The good news: simple, light physical activity can be beneficial too. While even a brief walk is ideal, try incorporating these movements into your day.

[Find out more >>](#)



## Prepare for flu season! Stay on top of your health NOW

Staying on top of your health becomes increasingly important as we approach flu season. This year, due to COVID-19, it will be even more important than usual. Flu season generally begins in October, so now is the



## Get better sleep

Feeling groggy, cranky or sleep-deprived? It's common as the pandemic has disrupted our routines and reduced our exposure to natural light, throwing off our natural sleep/wake cycles. Furthermore, increased anxiety, worry, depression and stress-related fatigue also sabotage sleep. However, it's more important than ever to get consistent quality sleep,

perfect time to start taking steps to help you and your family stay as healthy as possible during this time. These tips can help.

helping to strengthen the immune system, heighten brain function, enhance mood and improve mental health. Read on for some tips.

[Learn how >>](#)

[Read now >>](#)

## September is Suicide Prevention Month



Suicide is the second leading cause of death in young people. Overall, more than 41,000 suicides occur each year in the U.S., making it the 10th highest cause of death for all ages. Despite these alarming statistics, many myths about suicide persist. This can interfere with someone getting the help they need. Read about these myths, get the facts, signs to watch for and how to help someone who may be exhibiting them. **Visit:** <https://bit.ly/2Ea3C0z>.

*Centers for Disease Control and Prevention (CDC).*



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