

Top 10 Reasons to *Choose To Move*

- 1) **It's Good For You!**
And doesn't include *too* many vegetables.
- 2) **It's Informative!**
Don't miss Zorba's webcast on The Four Pillars of Health.
- 3) **"Because I Said So!"**
(Pretend your Mom is saying this.)
- 4) **You Get Points for Lifestyle Enhancements...**
How cool is *that*?
- 5) **You Can Impress Your Friends**
(and your co-workers, your boss, your family...)
- 6) **It's Fun!**
(to compare notes with co-workers)
- 7) **It Gives You Something to Talk About**
(besides the weather)
- 8) **See a New Side of Your Co-workers...**
(as you support each other in making healthy choices)
- 9) **Do Something Nice for Yourself**
(you deserve it!).
- 10) **You Can Build Sweat Equity**
(don't try taking it to the credit union though, ok?!)

Plus One...

- 11) **Do Something Great for Others**
(your contributions go to charity!)

