

Strides Towards a Healthier Lifestyle

1. Review all 5 categories below.
2. Send an email response on what categories you are doing well in and what categories you need additional help with.
3. Submit responses to CoachingOC@Cigna.com by **end-of-day May 26th**.
4. All those who submit responses will be entered to win a prize!



Hydration:
Are you drinking
6-8 glasses of
water per day?



Tobacco Cessation:
Are you tobacco
and vape free?



Eating Healthy:
Are you making half
your plate fruits and
veggies at each meal?



Manage Stress:
Are you meditating or
using some form of
stress relief daily?



Physical Activity:
Are you getting some type
of dedicated movement in
3-4 times per week?