



# Working vitality into your day.

**Simple ways you can strengthen your whole health.**

Vitality is the energy that lives inside all of us. And when it's considered, cared for and strengthened, it can help you become the healthiest version of yourself.

There are so many small, consistent actions you can do to increase vitality – from connecting with positive people or volunteering to meditating or finding ways to move more. Little changes like these can add up to improved vitality over time. That means happier lives, homes, workplaces and communities for everyone.

**Try out these vitality boosters for starters.**



## **Have a laugh.**

The simple act of laughing can have a powerful impact on your mood and boost vitality. Take breaks from work to look up funny jokes or a video clip from your favorite comedian. Even better? Share them with a friend.\*



## **Get moving.**

Exercise can help prepare you for the day by giving you a boost of energy and relieving stress. Just a quick 10-minute walk or short yoga session can give you a new perspective on the day.\*\*



## **Step outdoors.**

Sunshine and fresh air, even if just for a quick five minutes at lunchtime, can help improve your mood, reduce stress and anxiety, and lead to better overall health.\*\*



## **Connect with others.**

Feeling connected and cared for by people contributes to higher vitality. Make an effort to reach out to coworkers or friends often, or try to make new connections.\*\*

\* The Cigna Group. "10 Ways to Improve Your Vitality During the Workday."  
<https://newsroom.thecignagroup.com/10-ways-to-improve-your-vitality-during-the-workday>. Page accessed: May 10, 2023.

\*\* Cigna Healthcare. "Vitality Fuels a Healthy Workforce."  
<https://newsroom.thecignagroup.com/vitality-fuels-a-healthy-workforce-chapter-2>. Page accessed May 10, 2023.

This is general health information and not medical advice or services. You should consult your doctor for medical advice or services, including seeking advice prior to undertaking a new diet or exercise program.

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