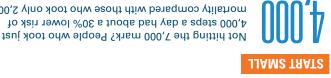


## **NTIVE CARE IS** Fr IN THE PARK

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mortality compared with those who took only  $2{,}000{,}^2$ 4,000 steps a day had about a 30% lower risk of

**DNOATS YATS** 

quick walk around the office. phone to get up from your desk, even just for a health while at work. Try setting reminders on your It can be difficult to remember to take time for your



30% **BE CONSISTENT** 

a short walk after dinneř. lunchtime stroll, or connect with loved ones with heart disease by 30%. De-stress at work with a Walking for 21 minutes a day can cut your risk of

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## Hind support at ibx.com/health

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Score line

Score line

Trim Line **Bleed Line** 

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## Independence 💩

**STEPS PER DAY** 

50% to 70% lower risk of death.<sup>1</sup>

Score line

Bleed Line

Trim Line