



June is Physical Health month!

Take control of your health by staying active

When it comes to achieving good physical health, most people have a story — perhaps it is a desire to lose weight or try a wellness program, or a need to prevent disease. Any amount of exercise can have a positive impact on your overall health and well-being. For example, regular physical activity can lead to:

- ✔ Improved brain health
- ✔ Achieving a healthy weight
- ✔ Reduction of depression and anxiety
- ✔ Stronger bones and muscles
- ✔ Reduced risk of disease

Keep reading to learn about USG resources and events focused on helping you achieve good physical health.

Prevent or delay type 2 diabetes with the PreventT2 program

If you’ve been diagnosed with pre-diabetes or are at risk for type 2 diabetes, PreventT2 is the program for you. PreventT2 is a lifestyle change program that can help you build healthy habits to lower your risk of type 2 diabetes and improve your health. You can participate in person or online. All employees (whether or not they are enrolled in a USG healthcare plan) can participate in **PreventT2**. The program is provided by USG in partnership with the University of Georgia Extension. [Learn more](#).



MENTAL MOMENT

What’s fact and what’s fiction when it comes to fitness? Listen to this podcast to learn common fitness myths.

[Dispelling Fitness Myths](#) — Podcast presented by Anthem.



MONTHLY WELL-BEING TIP: Get physical

It’s time to get moving! Engage in 30 minutes of moderate physical activity each day, for a total of 175 minutes of exercise each week — more than the CDC recommended guidelines. Notice the physical and mental improvements you feel and be proud of what you achieve. By the way, if you enjoy exploring the outdoors on foot, [Georgia State Parks](#) offers over 600 miles of scenic hiking trails.

JOIN US FOR LIVE USG WELL-BEING EVENTS

Register now to attend these upcoming events.

JUNE 5 — Well-being Wednesday: [Strengthen and Stretch at Your Desk](#) by Kaiser Permanente at 11 a.m. ET

JUNE 10 — Money Monday: [Investing Mistakes and How to Avoid Them](#) by CAPTRUST Financial at 12 p.m. ET

JUNE 24 — Money Monday: [Buying a Home](#) by Fidelity at 12 p.m. ET



Visit the [Events Calendar](#) for more events.

Explore the [USG Well-being website](#) for more information.

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