

# Physical Fitness and Sports Month

May is National Physical Fitness and Sports Month. [HealthFinder.gov](http://HealthFinder.gov) reminds us that regular physical activity is good for everyone's health.

A few benefits of physical activity include:

- **Children & adolescents** – Improves muscular fitness and bone and heart health
- **Adults** - Lowers risk for heart disease, type 2 diabetes and some types of cancer
- **Older adults** - Lowers risk of falls and improves cognitive functioning (like learning and judgment skills)

## How the company can help you meet your fitness goals:

- **Know Your Numbers Health Screening** – Annual event to qualify for a better tier level of coverage for 2016 and receive a personalized health report. Visit: [www.YourGoldenBenefits.com](http://www.YourGoldenBenefits.com) > Wellness
- **Employee Assistance Program (EAP) and WorkLife Services Benefits** – offers unlimited online access to tools and resources related to life, family and relationships; health and well-being; education, work and career; tools and programs. Visit: [www.LiveandWorkWell.com](http://www.LiveandWorkWell.com) (access code: Golden)
- **Golden Perks** – provides discounts and programs for health and wellness, including fitness programs. Visit: [www.GoldenPerks.BenefitHub.com](http://www.GoldenPerks.BenefitHub.com)