

Email Subject Line: It's Go Time: Get Up! Get Fit! And Go!



Get Up! Get Fit! And Go! Go! Go!

Start the New Year with a new you! Not sure where to start? Visit FOH's ["It's Go Time!" page](#) for tips on easy ways to add more physical activity to your day such as:

Go! Get Physical

Physical activity is an essential component of a healthy lifestyle. In combination with healthy eating, it can help prevent a range of chronic diseases, including heart disease, cancer, and stroke, which are the three leading causes of death. Physical activity helps control weight, builds lean muscle, reduces fat, promotes strong bone, muscle and joint development, and decreases the risk of obesity.

Go! Get Your CRP

A cardiac risk profile—or CRP—gives you information about some of the factors that can put you at risk for heart disease—things like elevated blood levels of cholesterol, triglycerides, and glucose.

Go! Take Your HRA

By examining your health-related behavior and health history, your HRA can help you take control of your health, identify and prevent potential health risks, and begin living a lifestyle of enhanced wellness.