

# Time to Get Moving! Overcoming Obstacles to Becoming More Active

Do you frequently find reasons not to exercise or increase your physical activity? Too tired? Not enough time in the day? Learning how to overcome these hindrances with mindful changes in your thought patterns can do wonders for your metabolism.

In Time to Get Moving!, you will begin to:

- Increase your physical activity with gentle movements and solutions
- Better manage your weight
- Learn mindfulness practices that will help you look forward to increasing your activity level



## REGISTRATION INFORMATION

Join us for our free **Weight Balance For Life™** online session. Registration is easy!

July Session: **Time to Get Moving! Overcoming Obstacles to Becoming More Active**

Dates and Times – Choose One:

**July 15th 11:00 am Arizona time**

**July 30th 12:00 pm Arizona time**

**ENROLLMENT IS LIMITED.** Sessions fill up quickly. Register now at: <https://adoa.emindful.com>. Use your Employee Identification Number (EIN) as your “Unique ID” when prompted.

Please contact Tech Support at **1-855-211-1536** or [techsupport@emindful.com](mailto:techsupport@emindful.com) with any questions.

Earn 50 points toward completion of the Health Impact Program for each completed eMindful session; up to 100 points per HIP year

## COMING IN AUGUST

### Stress Less, Live More™

Freeing Yourself from Stress by Mindfully Releasing Mind Traps

Save the August Session Dates:

**August 11th 11:00 am Arizona time**

**August 27th 1:00 pm Arizona time**

### Weight Balance for Life

Using Self-Acceptance and Compassion to Support Weight Loss

Save the August Session Dates:

**August 12th 12:00 pm Arizona time**

**August 28th 11:00 am Arizona time**

