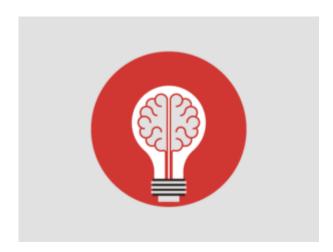
Get Moving — Why Health and Wellness Matters — Quick Course



Even those of us who have more active jobs likely don't get enough exercise. A lack of physical activity is hazardous to your overall health and wellness.