

# SmartHealth Washington Moves event

April 15 through  
April 26, 2024



## Who can participate?

This event is for all eligible SmartHealth participants - all ages and abilities. Any type of movement that gets you breathing harder and your heart beating faster for about 25 minutes at a time counts. Walking, dancing, chair aerobics, rowing, whatever you like.

## Why is movement important?

Movement helps your well-being and quality of life. It can:

- Improve mental health by reducing depression and anxiety.
- Lower your risk of certain conditions like heart disease, type 2 diabetes, and certain cancers.
- Help strengthen bones and muscles.



## Track it!

You'll earn **200 SmartHealth points** for completing the "Washington Moves" activity.

## What is SmartHealth?

**SmartHealth** is included in your benefits and is a voluntary wellness program that supports your whole person well-being. It helps you manage stress, build resiliency, and adapt to change. As you progress on your wellness journey, you can qualify for the SmartHealth wellness incentive.

Smart  Health

Visit **Accessing SmartHealth** for help getting started.