

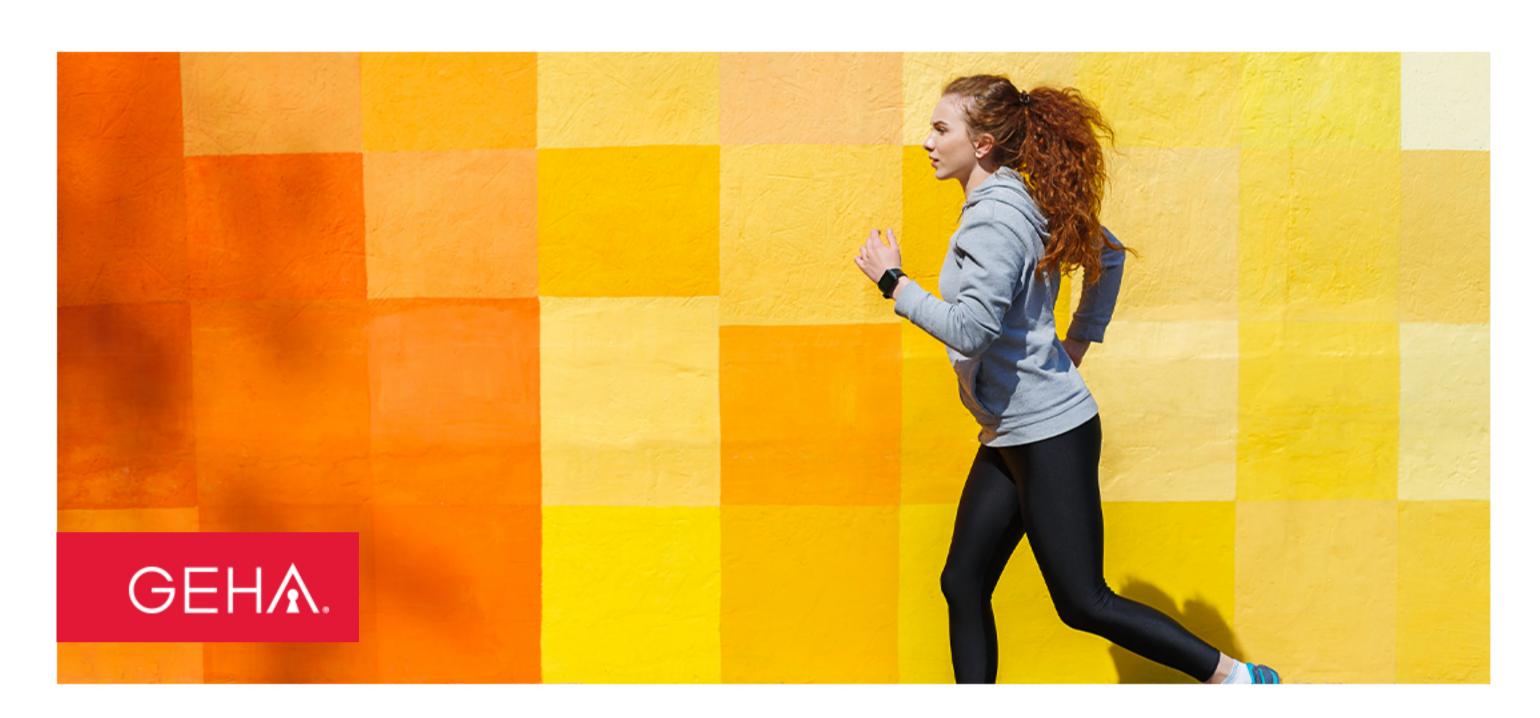
## WELLNESS

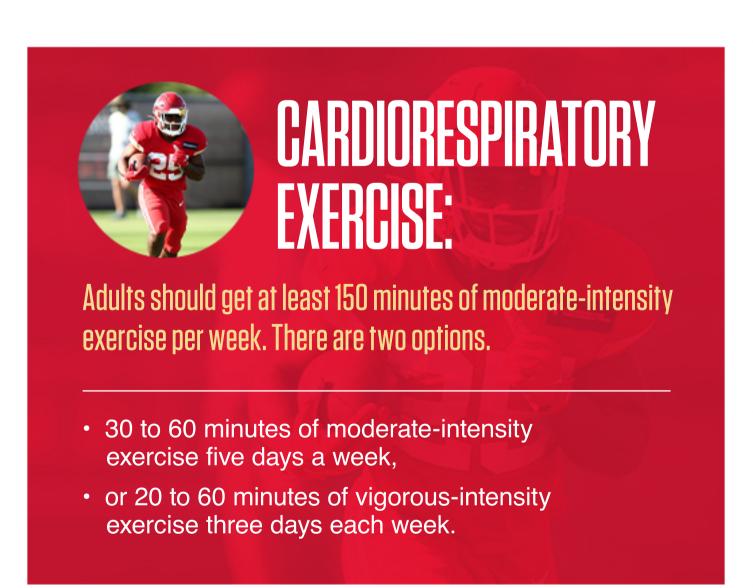
PHYSICAL · MENTAL · SOCIAL

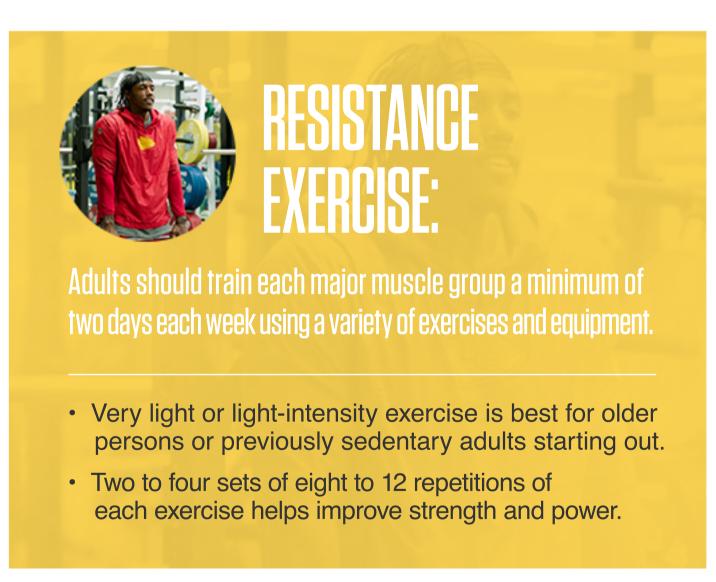
— GEHA —

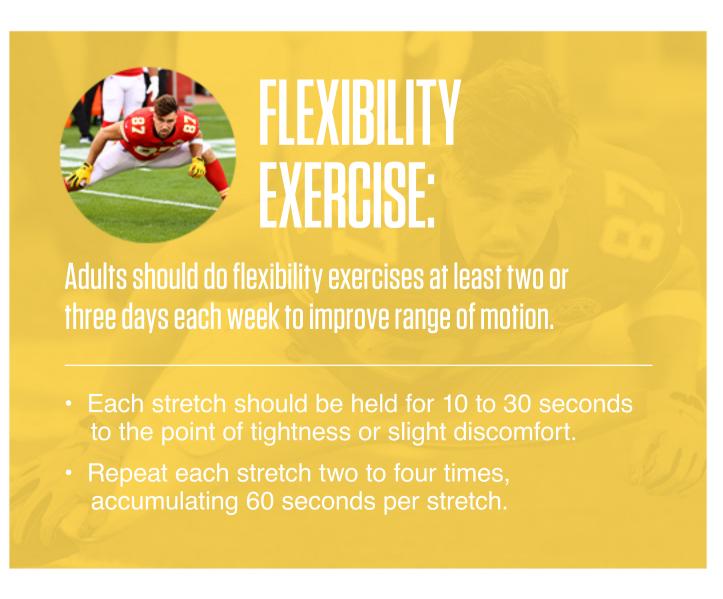


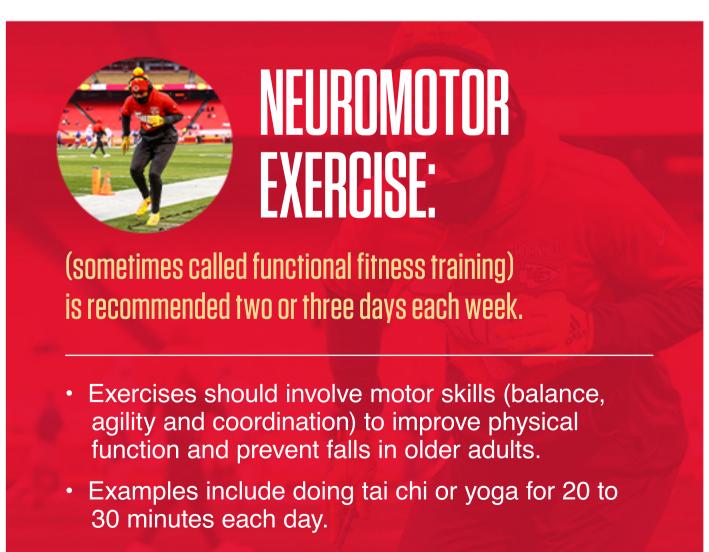
## AMERICAN COLLEGE OF SPORTS MEDICINE'S EXERCISE











**Source:** The Physical Activity Guidelines for Americans, 2nd edition, published by the U.S. Department of Health and Human Services