

COUNT STEPS FOR THE HEART

4 minutes a day

Just **4 minutes** of **high-intensity activity** each day can **reduce** the risk of **cardiovascular diseases** such as **heart attack, stroke, and heart failure** by **20%**.



→ Join a sprint with
other workplaces here

30 sec. sprinting in place – **30 sec. rest** – then repeat.
Do this **4 times** throughout the **workday**.