



**Greater Philadelphia  
Business Coalition  
On Health**

*"Building Bridges to Better Healthcare"*

## Become a Healthier You!

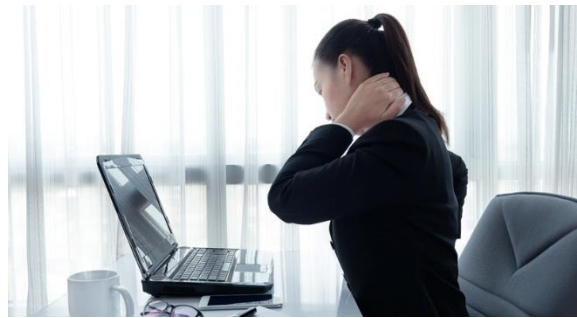
[Global Employee Health & Fitness Month](#) (GEHFM) is an international and national observance of health and fitness in the workplace. The goal of GEHFM is to promote the benefits of a healthy lifestyle to employers and their employees through worksite health promotion activities and environments, whether in the workplace or working remotely. Living a healthy lifestyle does not happen overnight. It takes discipline and determination to break old habits and create new ones.

If you are searching for information on how you can live a more healthy and active life, check out the resources below to learn more:

### [Office Stretches to Prevent & Reduce Desk-Life Pain](#)



### [Sitting or Standing, You're At Risk](#)



### [Sleeping Well in the Digital Age](#)



### [Move More Together](#)

