Take your health assessment to access the activities and more at **healthpartners.com/wellbeing** or using the myHP app.

# Take fitness one step at a time

Exercise is more than just high-intensity workouts. It’s about getting your body moving, feeling great and doing what works best for you!

Whether it’s tracking your daily steps in our 10,000 Steps or trying an on-demand workout with Wellbeats, there is something for all needs and ability levels.