

Activity Table: Match the Muscle



Interested in understanding how even a small amount of strength training can speed up your metabolism and help with posture?

Learn the basics of what exercises work which muscles. Take the trivia challenge and match six pictured exercises with the primary muscle being worked.

James Monroe Building Outside of Cafeteria Thursday May 17: 7am – 10am

Healthy Lifestyle Coaching is available at **no cost to COVA employees** enrolled in **COVA Care, COVA HDHP, or COVA HealthAware**. Call Coach Lou to schedule your appointment and get started on your journey to better health!

ActiveHealth services are not affiliated with CommonHealth



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