



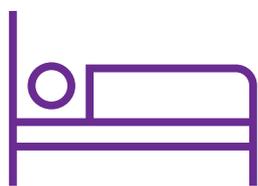
Get moving to combat cravings

Move more, stress less



Start with simply trying to move more during the day

Warm up your muscles for about 5 minutes before you start exercising



Don't exercise within 3 to 4 hours of your bedtime



Drink water before, during, and after exercise



Graduate to simple exercises, such as walking, bicycling, swimming or jogging

Cool down and stretch for 5 to 10 minutes after you exercise

For help stopping smoking, search Aetna International's '**Quit smoking support & resources**' hub. With the right tips and support, you can break the habit. Stay strong. If you slip up one day, just refocus and try again. **You can do this.**

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