

# Wellness Wire

APRIL 2026

THIS MONTH'S TOPIC:

## Move More & Stress Less

April is Move More Month!

**Moving your body** helps improve mood, boosts energy, and helps with better sleep. Even a simple walk is a great way to manage stress and improve your heart health.

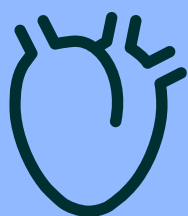
Sitting for too long can hurt your health – physically and mentally. Replacing 30 minutes of sitting with a lively walk can reduce risk of death by 17%. Limiting stressors can also decrease your risk of heart attack and stroke.



**Kick off April with National Walking Day on April 2**

**150**  
minutes

Of low-intensity physical activity, including walking, per week can bring health-protective benefits!



### Are you a “weekend warrior”?

Packing physical activity into 1 or 2 days may have the same benefits as people who exercise throughout the week. It’s about the total volume of physical activity – not just the frequency!

### Moving your Body can lead to:

**20%**

Lower risk for high blood pressure

**40%**

Lower risk for diabetes

**50%**

Lower risk for obesity

The team here at Express Scripts by Evernorth are dedicated to helping you achieve your heart health and overall wellness goals with the tools and resources we have available.

**Please contact us via one of the methods below to get started on the pathway to a happy, healthy heart!**



**Call 1-800-846-4008** to speak with one of our pharmacists



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