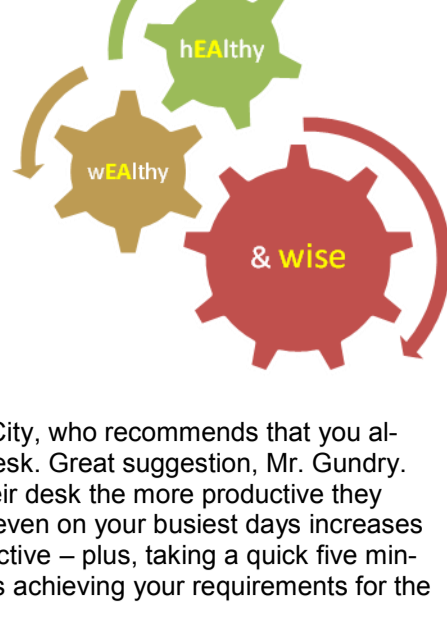


Surviving Tax Season

There are 1,440 minutes in a day...

If you exercise for only 32 minutes each and every day – walking, stretching, anything active – you can exceed the recommended levels of fitness according to government standards and stay hEalthier! Spend only 2.2% of each day on physical fitness – and see what a difference it makes! **Join the CSEA 2.2% Club!**



Today's tip comes from Don Gundry, EA of Foster City, who recommends that you always make a point to eat meals AWAY from your desk. Great suggestion, Mr. Gundry. Some may feel that the more time they spend at their desk the more productive they are, but taking a few minutes away from your desk even on your busiest days increases your mental alertness and makes you MORE productive – plus, taking a quick five minute walk outside once or twice a day counts towards achieving your requirements for the **CSEA 2.2% Club!**

To take YOUR pledge to maintain the fitness requirements of the CSEA 2.2% Club or to submit suggestions or tips for future emails, please contact Cliff Weimer, CSEA Communications Coordinator, at cwweimer@csea.org.

**Join the
CSEA 2.2%
Club!**

We're committed to you – and want to see you HEALthy, WEALthy, & Wise – so you'll be getting this weekly reminder throughout the tax season with tips, suggestions, and reminders so that come April 16 you'll be in good shape mentally, physically, and psychologically! Coming soon... A special area of our [website](#) compiling all the tips we publish here — plus more! Watch for it soon!