



rite aid motion 2015

Hello, Rite Aid Motion members!

Sometimes, we forget that wellness is mental as well as physical. If you're like most people, you spend a lot of your time going through the motions, rushing from one thing to the next.

Mindfulness can improve every aspect of your health, including longevity, weight loss, and flexibility.

Start by observing the little details in your everyday routines. Take a moment to notice the crunch as you bite into an apple, the sensation as you slip a pair of socks on your feet, or the fresh smell of the breeze.

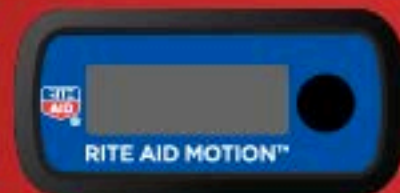
We encourage you to spend a few minutes over the next few days simply paying attention to your experiences. When you turn off the autopilot, what do you notice?

Team Challenge Update

Congratulations to our top 5 teams!

1. IS Development: **386** average FIT points
2. Information Services: **357** average FIT points
3. Internal Compliance: **322** average FIT points
4. Category Management: **270** average FIT points
5. Supply Chain: **244** average FIT points

**Stepping together down the Road to Wellness,
Rite Aid Motion**



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