

Wellness Wednesday



EXERCISE

Physical Benefits

- Reduce risk of illnesses (i.e.. Diabetes, Cancer, etc)
- Helps you feel better, even if you are feeling okay
- Gives more energy, helps with sleep, improves memory

Mental Health Benefits

- Improve your mood
- Feel more positive
- Relieve Stress
- Make connections with others



Amount

It is recommended to do at least 30 minutes of moderate activity a day. You can combine it and do shorter 10-15 minutes

Ideas

- Download a free app with low impact to high impact short workouts like 7 min workout, daily workouts, etc
- Bike ride, hike, swim roller skate, jog, walk in your area
- Practice a sport at a park

