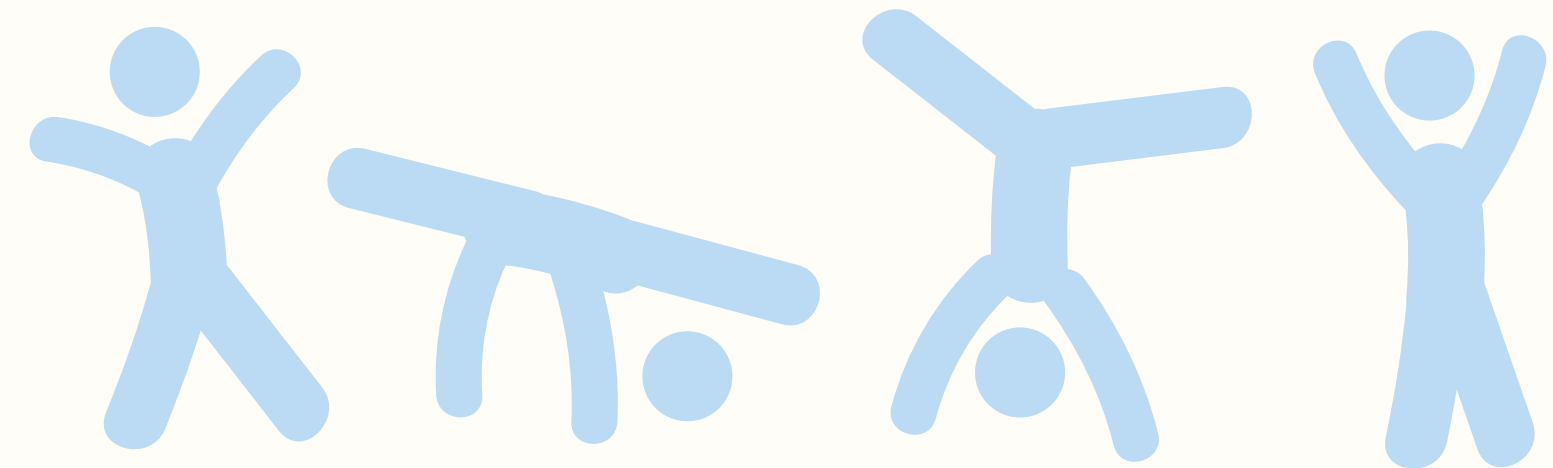


Self-Care Series

Movement and Exercise



Let's Talk About:



- Physical and Mental Benefits
- Moving More: Steps to Success
- Small Bursts: Share your Strategies
- Supports and Resources

Being active provides physical and mental health benefits

Heart health, bone health, digestive health

Improves energy levels, immune system and sleep

Increases endorphins and reduces negative effects of stress

Exercise can be '**meditation in motion**'



Steps to Success

- 1) Find what you enjoy!
- 2) Write it down, make it SMART
- 3) Find a buddy



How much movement?

- 150 minutes each week
- can be broken into smaller timeframes like 10 min

Small bursts of movement matter too!

3 minute breaks
every 30
minutes
=
positive benefits
to blood sugar
and LDL
cholesterol
levels



On the phone: stand up and walk around, get a headset for long calls

Wear comfortable shoes: so you can take the stairs, go for a walk at anytime!

Lay out workout clothes: or sleep in them, be prepared morning movement

Active transportation: if possible, walk or bike to your destination

Park far away: get extra steps in parking in the furthest spot from the door

Share your Strategies

Join a team or an activity challenge: for some extra accountability, social connection and motivation

Make family time active: with family members or pets join in for a game of tag, take a hike together, play an active walking version of 'eye-spy'

Set movement breaks in your calendar: make a mini meeting with yourself to stretch or walk



Stretch Break



Thank you!

Send us a message at
purolatorhealth@purolator.com
if you have any questions.