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# *MIND/EXERCISE/DIET/SLEEP*

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Exercise is something that is essential for us to stay healthy. There are a lot of things that are considered exercise. Some activities such as cleaning the house, carrying groceries, or washing the car, and shopping in the mall are all forms of exercise that we get without realizing they are exercise. Exercise is good for all aspects of your life. It not only makes you healthy but it also helps you lose weight and manage stress!

## **Make everyday activities more active.**

Even small changes can help. You can take the stairs instead of the elevator, walk down the hall to a coworker's office instead of sending an email, wash the car yourself, park further away from your destination.

## **BENEFITS**

THE FACT IS EXERCISE DOESN'T ONLY BENEFIT YOUR PHYSICAL APPEARANCE:

- IT REDUCES YOUR RISK OF HEART DISEASES,
- HELPS YOUR BODY MANAGE BLOOD SUGARS AND INSULIN LEVELS
- IMPROVES YOUR MENTAL HEALTH AND MOOD
- RELIEF FROM PHYSICAL PAIN
- ENERGY BOOST

**Find activities that you can do even when the weather is bad and make it fun!**

You can walk in a mall, climb stairs, or work out in a gym even if the weather stops you from exercising outside. Listen to music or watch tv while you exercise.



## **Be active with friends and family.**

Having a workout partner may make you more likely to enjoy exercise. You can also plan social activities that involve exercise. You might also consider joining an exercise group or class, such as a dance class, hiking club, or pickleball team.