



Wellness Wednesday: Staying Active



Staying active is one of the most effective ways to support both your physical and mental well-being. Regular movement can increase your energy, lift your mood, and reduce the risk of chronic illness. The good news is you don't always need a gym membership. Making movement a daily habit can set the foundation for long-term wellness. Whether it's a quick walk, a few stretches between tasks, or a short bodyweight workout, small bursts of movement throughout the day can benefit your overall health.

Easy ways to add exercise into your routine:

1. **Walk more!** Try taking the stairs, parking far away from entrances, and walk during calls or meetings.
2. **Make your exercise social!** Go for walks, to the gym, or join a fitness challenge/class with friends or family.
3. **Set a timer.** Set a timer at the same time every day to do a simple exercise. This can get you in the habit of getting active every day.
4. **Desk exercises.** If you work in an office or at home try doing seated leg lifts, chair squats, desk push-ups, or walk in place.
5. **Get a gym membership with activities that suit you!** Try finding a gym that suits you and your interests. Such as weightlifting, cardio, cycle classes, pilates, yoga, and recreational sports. You will feel more motivated to go to a gym with activities that you love.
6. **Exercise while watching tv.** Try jumping jacks, jogging/walking in place, resistance bands, or push-ups during commercials. If you have a treadmill or indoor bike at home, you can place it in front of a tv.
7. **Pair exercise with an existing habit.** For example, pair a morning walk after your morning coffee. This can help you build a healthy habit onto an existing one.
8. **Dance!** Play music on your phone or tv and have your own dance party at home alone or with friends and family.