

# What Movement Means To You

Moving your body helps support your life's priorities.

The health benefits of regular movement and exercise go way beyond improving your physical health. Moving your body also helps reduce feelings of depression and stress, enhances mood, and offers you a way to relax.

- Move your body every day in ways that feel good for you.
- Include a variety of movements and activities.
- Add in some strength training with weights, resistance bands or your own body weight.
- If you sit a lot, break up the time with 5-minute movement breaks.
- Add movement to your daily activities. Walk an extra lap around the parking lot or have a "walking meeting."
- For an extra dose of "calm," do some activities outside.

