

BENEFITS SPOTLIGHT OF THE MONTH:

Health and Exercise

Regular physical activity is one of the most important things you can do for your health. We all know that it is good for your mind and body, but when your day gets busy, it's easy to get off track. When you get out of the daily habit, it's hard to pick it back up. You can easily get through these road blocks and incorporate physical activity into your day — at home or at the office.

Here are a few simple steps to your daily routine to increase physical activity. Take charge of your overall well-being and consider some of the following tips:

WAYS TO INCREASE PHYSICAL ACTIVITY AT HOME:

Strength training. You can use weights, resistance bands, or your own body weight.

Aerobic activity. Try walking, jogging, or running.

Everyday household tasks. From washing your car, vacuuming and other routine housekeeping tasks, every little bit counts.

WAYS TO INCREASE PHYSICAL ACTIVITY AT WORK (HOME OR OFFICE):

Start stretching. Doing stretches during your idle time is a great way to add some movement without exerting too much effort and taking breaks from staring at your computer screen.

Take the stairs. It's a simple change that can yield great health benefits.

Schedule "Walking Meetings". Conduct a meeting that keep you active and productive.

Find a spot. Look for a spot at home or near your office where you can walk during lunch, during breaks or after work.

Parking. Find a parking spot far away from the front door.

ROAD BLOCK TIPS

- **I'M TOO BUSY** – Make it a priority and carve time out of your day by putting it on the calendar.
- **THE EQUIPMENT IS BORING** – Try listening to energizing music or an interesting podcast while you're on that "boring" treadmill or stationary bike.
- **I'M NOT IN THE MOOD** – A gym session or brisk walk can help. Physical activity stimulates various brain chemicals that may leave you feeling happier, more relaxed, and less anxious.

Remember to check with your doctor before starting a new exercise program, especially if you have any concerns about your fitness, haven't exercised for a long time, or have chronic health problems.