

Moving More For Mental Wellness

It's not news to say that activity and exercise make a difference in your physical health.

But did you know that activity may help support your state of well-being— also known as your mental wellness?

And I'm not talking about the runner's high. Or even the joy of sweating. I mean, who finds joy in sweat?

Well, I'm sure someone does. Anyway, adding a little movement into your life may just be the mental perk you need. It can be as easy as moving more today than you did yesterday.

And then seeing how you feel. Or what you notice. Less crabby? Maybe?

And if not, try again tomorrow. See what happens then.

Or why not stand up right now and march in place, or stay seated and move your arms while you watch this video? And if you feel silly, that's okay.

It may just make you smile or laugh at yourself. And that feels better, right?

Or, while waiting for the microwave to beep, do a little dance.

Do what moves you! One step at a time. One jump.

One kick. One shimmy. One—whatever that is— can inspire you to move more, and keep moving.

And all those little moves can add up to helping you feel better. Some people of different ages, sizes, abilities, and conditions find that when they are more active, they notice that their sleep improves.

They stress less. They feel a little bit happier. Any movement is better than none.

Added up, a little activity each day can help make a difference in your mental wellness.

And if you're unsure where to start, you can always talk to your doctor, and together you can choose what will move you.

So, come on. Give it a try, and let's get moving.