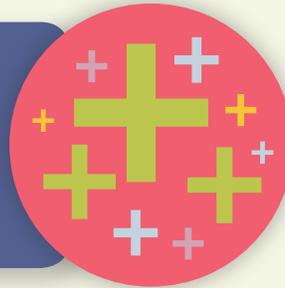


## *Move more for prevention and control*

### **MENTAL WELLNESS**

- + Relieves depression
- + Increases energy level
- + Improves mental clarity

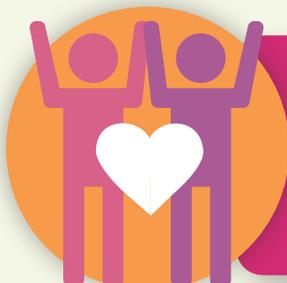


### **WEIGHT CONTROL**

- + Alters food cravings
- + Burns calories
- + Increases metabolism

### **CANCER**

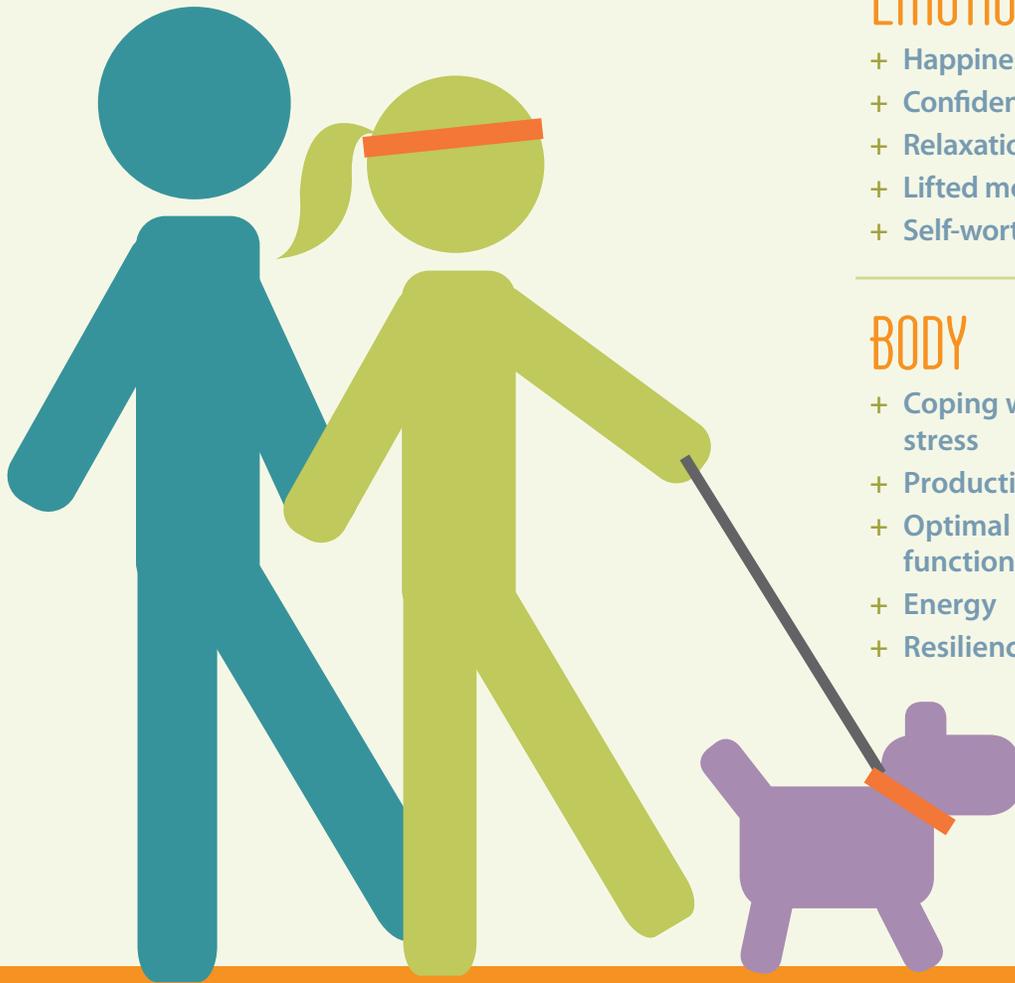
- + Improves immunity
- + Regulates hormones
- + Improves healthy cell growth



### **HEART HEALTH**

- + Improves cholesterol levels
- + Improves blood pressure
- + Lowers resting heart rate

*Move your body.  
Feel better all over!*



### EMOTIONAL

- + Happiness
- + Confidence
- + Relaxation
- + Lifted mood
- + Self-worth

### SOCIAL

- + Relationships
- + Family time
- + Friendship bonding
- + New friendships

### BODY

- + Coping with stress
- + Productivity
- + Optimal brain function
- + Energy
- + Resilience

### MIND

- + Better sleep
- + Quality of life
- + Posture & balance
- + Immune boost
- + Muscle & bone strength
- + Heart health

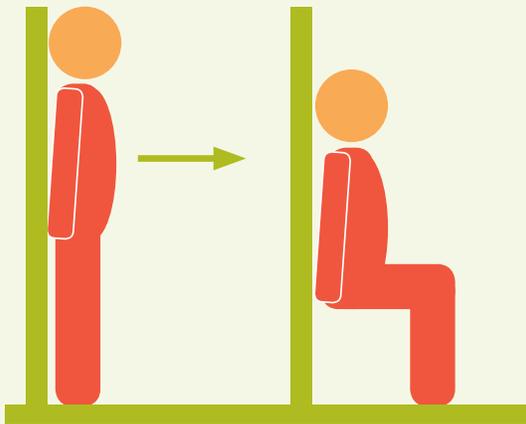
**TALK TO YOUR ACTIVATE HEALTH & WELLNESS CENTER PROVIDER  
OR OTHER HEALTH PROFESSIONAL ABOUT HOW YOU CAN  
BOOST YOUR PHYSICAL ACTIVITY.**

- .....
- + Before each day, envision and plan how you will move more
  - + Find an enjoyable activity that makes you feel good
  - + Take time to move with others such as family or friends
  - + Stand up when you can throughout your day
  - + Give yourself a break — anything is better than nothing!

## Take five to build strength, balance and flexibility!

Adding strength training to your routine is as simple as taking five minutes to do some simple bodyweight exercises, which improve strength, balance and flexibility without any extra equipment.

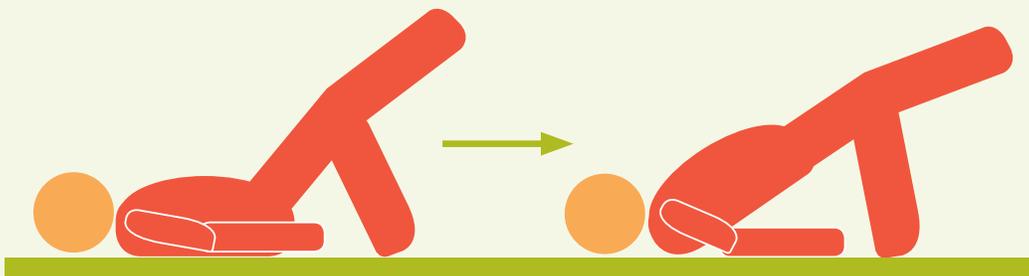
# TAKE FIVE AND TRY ONE!



WALL SIT



ELBOW PLANK



SINGLE – LEG BRIDGE

Stop by your Activate Health & Wellness Center for a handout with brief instructions on how to do these simple yet effective exercises.

*Participating in moderate activity is safe for most people. But if you have a chronic health condition or other symptoms, check with the medical provider(s) at your Activate Health & Wellness Center before starting an exercise program.*