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Self-Care | Made Simple – Move More

Self-care does not have to be complicated, but it should include actions that promote your physical, mental, and emotional health. “Self-Care | Made Simple” offers practical tips - easy, actionable steps you can take to enhance your well-being that follow three key pillars: Eat Well. Stress Less. Move More.

This month’s focus is to “**Move More**” with this tip: **Take a walk outside in the sunshine and fresh air.**

Moving your workout outdoors offers benefits for both your physical and mental health. For example, exercising outdoors provides exposure to sunlight, which in turn enhances the production of Vitamin D, which has been associated with lifting mood, enhancing bone health, boosting immunity, and reducing inflammation.

Being in nature boosts feelings of wellbeing and life satisfaction. Breathing fresh air as you exercise has also been shown to reduce stress and enhance relaxation. Additional mental health benefits include reduced depression and anxiety, as well as enhanced self-esteem.

Remember to consult with your primary care provider before beginning a new fitness routine or exercise program.

