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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: **Finding activities you enjoy increases your likelihood of sticking with regular exercise.**

When we think of “exercising” or “fitness,” we think about long hours on an elliptical, lifting heavy weights, or running outside. In reality, the key to starting and sticking with an exercise routine is finding something that we actually ENJOY doing. This can be morning walks with your dog, group fitness classes (at home or the gym) or playing outside with your family.

When you enjoy the activity, not only will you be more likely to stick with it, but you also will look forward to it!

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

