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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: **Stretch daily**.

You may think stretching is only for those who work out or exercise regularly. But that’s not the case at all. We all need to stretch daily to keep our muscles from shortening and tightening up, which can cause them to become weak and impact us as we age.

Stretching daily keeps muscles long, lean, and flexible. It allows us to walk, run, skip, jump, and stay balanced on our feet with minimal pain. Stretching is the key to alleviating muscle pain and discomfort.

Try spending 3-5 minutes each day stretching. Hold each stretch for at least 15-20 seconds. Pay attention to what muscles are causing you discomfort and then try different stretches to find some relief.

