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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: **Exercise at least three times per week for better sleep.**

Regular exercise is important for a healthy lifestyle and can also improve sleep. Exercise can help regulate the body's internal clock, reduce symptoms of anxiety and depression, and increase the time spent in deep, restorative sleep.

It's best to exercise earlier in the day to avoid stimulating the body too close to bedtime. By finding a regular exercise routine that works for you, you can experience better sleep and overall wellbeing. Try to find something you enjoy doing three times a week for at least 30 minutes and see how it impacts your sleep!

