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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: **The constant movement associated with dancing can be beneficial to your physical & mental wellbeing.**

Dancing is energizing, fun, and a great way to add movement to your day! It also has been shown to boost cardiovascular health, flexibility, strength, and balance, as well as reduce stress. Dancing and other weight-bearing exercises help to build healthy bones.

So, dust off your dancing shoes, crank up your favorite song, and get moving!

