



EVERYDAY STRONG

Work it out

Combat stress with some physical activity

There are lots of reasons to get moving. Sure, it's great for staying strong and healthy, but it also helps you sleep better and feel more energized, builds your strength and relieves stress. Research shows it can also help mild to moderate depression. It's a simple way to increase your resilience because exercise gives you endorphins, and endorphins make you happy!

No time to work out? It's easier than you think to sneak a little exercise into your day. You don't have to make huge changes. Little things add up and in no time, you'll see an improvement in how you feel. Here are some activities you can easily add to your daily routine:

- Take the dog for a walk
- Park farther away
- Use the stairs instead of the elevator
- Go dancing
- Ride bikes with the family

Need ideas on adding physical activity to your life? Go to **healthpartners.com/livingwell** and choose *Get moving*.



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