

MOVE FOR HEALTH



DO-IT-YOURSELF HEALTH

AUGUST EDITION



Tips to Remember

What the Expert Says:

- Physical activity is not only important for our physical health but our mental health as well. Benefits of engaging in regular physical activity include but are not limited to decreasing your risk for developing diseases, weight management, improved biometric screening results, lower fall risk, quicker recovery from hospitalization, increased energy levels, and a more relaxed sleep.

- Looking for a way to get started with physical activity? Taking a few minutes out of your day to stretch can improve circulation, posture, and lower back pain while reducing stress. You can do this month's stretches at your desk or at home!



How Will You Move For Health This Month?

Monday	Tuesday	Wednesday	Thursday	Friday
	Desk Stretches: Chin tucks Neck rolls Fingertip reach Standing back extension Lateral lean stretch		Desk Stretches: Chin tucks Neck rolls Fingertip reach Standing back extension Lateral lean stretch	
Strive to Add Cardio and Stretching to Your Strength Workouts Each Week				
Cardio Workout #1 Aim for 30 minutes of moderate (able to talk) OR 20 minutes of vigorous (talking is difficult) Cool down and stretch	Stretch Hold stretches for 30 seconds and focus on your tight muscles	Cardio Workout #2 Aim for 30 minutes of moderate (able to talk) OR 20 minutes of vigorous (talking is difficult) Cool down and stretch	Stretch Hold stretches for 30 seconds and focus on your tight muscles	Cardio Workout #3 Aim for 30 minutes of moderate (able to talk) OR 20 minutes of vigorous (talking is difficult) Cool down and stretch

*Work at a level that is comfortable and safe for you. Consult with your physician before beginning a new exercise program.