



# THE IMPORTANCE OF STAYING ACTIVE

Staying active, even during times of stress, is important. It not only improves your physical well-being but your mental health as well. There are lots of physical activities that don't require a gym or any equipment at all, including many kinds of low impact exercise.

## What is low-impact exercise?

Generally low impact refers to workouts that are easier on the body, protecting your joints and muscles while raising your heart rate. Low impact exercise is still an effective way to burn fat and build muscle.

## IDEAS TO STAY ACTIVE

**Take a Walk** - Take the dog, the kids, or head out solo for some fresh air and a mental break.

**Tai Chi** - Try some "meditation in motion" to give those bones a break. This gentle, fluid movement may also help ward off headaches while helping to improve flexibility!

**Go Online** - This may seem contrary but there are a number of free apps and online videos that can allow you to break a sweat and boost endorphins without equipment or even leaving the house.

**Make summer sports, winter sports** - dust off those frisbees and footballs, put on the snow pants and find an open green space and let imaginations run wild.

**Additional resources are available through [Homeweb](#):**

[Linking Exercise + Nutrition to a Healthy Mind](#)

[Health Risk Assessment](#)

[Jumpstart your Wellness](#)

\*Please note, you will need to create an account and sign into Homeweb to access these resources

Please note: It is always recommended to consult with a medical professional prior to beginning any new fitness program or activity. Faculty, staff and their eligible dependents may wish to access a personal consultation with a fitness trainer - a benefit available through our Employee and Family Assistance Program (EFAP) provider. Visit the [HRS website](#) for more information.