Tips to Help You Move in 2020 for Your Overall Well-Being

The new year often reminds us to focus on our fitness and overall health: Mind, Body and Spirit. For many, a busy schedule and a long “to-do” list, makes it easy to write off your workouts and wellness time.

To help you get on track, here are a few simple tips for your overall health: Mind, Body and Spirit from Lifestyle Educator, Mike Finley:

• Warmup before any exercise activity.
• Walking is one of the best aerobic exercises you can do.
• Stretching helps improve your posture, range of motion, balance and coordination.
• Strength training with weights or resistance bands helps build muscles.
• Aerobic activity can benefit your heart, your muscles and can help lower your blood pressure.
• Divide your activity into three 10-minute bursts of activity a day, if you don’t have a solid 30 minutes to spare. Exercise helps to lower your risk of serious illness and improves your mood.
• To get more steps into your workday, park further away from the building entrance.
• Take the stairs instead of the elevator.
• Enjoy the outdoors and the cool air. This is great for your mind, body and spirit.
• Visit a museum.
• Try a Tai Chi or Yoga class.
• Meditate by closing your eyes and taking deep breaths.
• Eat more fruits and vegetables.
• Laugh out loud with coworkers, friends and family.
• Smile and have a positive attitude.
• Write in a journal to keep track of how you are progressing.

Did You Know? Exercise is good for your circulatory system, your sleep and even your brain. You don't have to be an athlete to feel the benefits.