

MONTHLY WELL-BEING NEWSLETTER:

STAYING ACTIVE

Staying active is one of the most effective ways to support your overall health and well-being. Daily exercise benefits both your short-term and long-term health, enhancing physical fitness and improving mental well-being.

Even Just 10 Minutes Per Day

Current guidelines recommend that adults engage in 150 to 300 minutes of moderate-intensity exercise per week, or 75 minutes of vigorous-intensity activity. However, research shows that even short 10-minute workouts can contribute to better heart health, improved blood sugar control, and enhanced mood.

Staying active is more than just burning calories, regular exercise helps with:

- + **Mental Health:** Studies show that as much as 89% of people found a significant improvement in their mental health associated with physical activity.
- + **Bone Health:** The American Academy of Orthopedic Surgeons say weight-bearing exercise and strength training are most effective to build strong bones.
- + **Sleep Health:** The Johns Hopkins Center for Sleep states “solid evidence that exercise helps you fall asleep more quickly and improve sleep quality.”
- + **Noncommunicable Disease:** According to the WHO, regular physical activity reduces many types of cancer by 8-28%, heart disease and stroke by 19%, diabetes by 17%.

Check out this [short video](#) on what happens to the body when you start exercising regularly.

Strategies for increasing exercise

- + **Exercise with a friend:** Whether it is a simple walk around the block or going to the gym, making exercise social can keep you motivated instead of going it alone.
- + **Mix it Up:** Trying something new can be a great way to get back into regular exercise.
- + **Take it slow:** A new habit takes time to become routine. You don't need to go from the couch to a marathon instead create reachable goals that can grow with time.
- + **Listen to your body:** Always consult a medical professional if you are unsure about any pain or discomfort.

