

# Let's Get Moving!

Move your body to help beat stress and anxiety during tough times!

Physical activity can help you feel, look, and live better! Make it a part of your life – every day!

## Being active:

- helps you connect with your emotions and calms your mind.
- lowers the risk of depression and dementia.
- helps you stay focused and mentally sharp for your tasks.
- boosts your self-confidence and leads to a positive attitude.
- makes it easier to recover from stress.

Just 10 minutes of movement can boost your mood and energy levels.

Connect your mind and body with an activity you love. Consider biking, hiking, dancing, or weightlifting.

Taking a daily walk with your family can improve everyone's wellbeing.

## Benefits of staying active:



Supports your brain function & memory



Reduces feelings of stress & anxiety



Improves your sleep



Increases your energy levels

Do more and get more out of every move – every day!

Learn more ways to get active at Moving Matters.



Building Healthier Communities

