

# APRIL WELLNESS

## PHYSICAL ACTIVITY



Spring is here, and it's a great time to get active. Studies show that physical activity can benefit both your physical and mental wellness. Continue reading for information from the American Heart Association website.

### **Some of the *physical wellness benefits* of staying active include:**

- \* improved blood pressure
- \* improved circulation
- \* increased "good" cholesterol level
- \* increased muscle & bone strength

### **Some of the *mental wellness benefits* of staying active include:**

- \* reduced stress, anxiety & depression
- \* improved self-image & self-confidence
- \* enhanced positive attitude & outlook
- \* reduced anger

### **Some additional benefits that contribute to your *overall wellbeing* by staying active include:**

- \* falling asleep faster and more soundly
- \* fun social opportunities with family & friends
- \* the opportunity for spending time outdoors
- \* living longer and healthier

To learn more, click here: [Why Is Physical Activity So Important for Health and Wellbeing](#)

### **How much physical activity should you participate in?**

The American Heart Association recommends at least 150 minutes of moderate activity each week. That breaks down to just **30 minutes 5 times per week**. Do you find it challenging to fit in 30-minute segments during the day? That's okay, because most benefits can be gained through breaking up the 30 minutes into 10-minute segments throughout the day.

### **To maintain motivation for your exercise program, try these tips:**

- \* Dress properly: wear comfortable, properly fitted sneakers, & clothing appropriate for the weather.
- \* Exercise at the same time of the day, so that it becomes part of your routine.
- \* Track your progress (such as distance, length of time, milestones) with an app, website or logbook.
- \* Participate in exercise with family, friends or an exercise group for encouragement to keep going.

For more tips, click here: [Getting Started - Tips for Long-term Exercise Success](#)

~ **Remember to check with your doctor before beginning an exercise program.** ~

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**West Suburban Health Group Website:** [westsuburbanhealth.com](http://westsuburbanhealth.com)

**Health Provider Websites:** Fallon: [fchp.org](http://fchp.org) Harvard Pilgrim: [harvardpilgrim.org](http://harvardpilgrim.org)

Tufts: [tuftshealthplan.com](http://tuftshealthplan.com) Blue Cross Blue Shield: [bluecrossma.com](http://bluecrossma.com)