

Fitness Friday: Exercise Examples to Try Today!

May is Mental Health Awareness Month

Being active has been shown to positively impact mental well-being, often helping to relieve physical and emotional symptoms caused by stress and other challenges. Looking for suggestions? Try one or more of these the next time you are looking to get active!

- Go for a run or walk - invite others or take the family dog
- Try a meditation session with a group or by yourself
- Have a dance party
- Take a strength and aerobic class
 - or head to the pool and try water aerobics
- Play pickleball, tennis, or another sport with a group of people or friends
- Try resistance training with light weights or elastic bands
- Do a fun run, walk, or wheel with family and friends
- Practice Asahi Nordic
- Go for a bike ride or take a spin class
- Play yard games like volleyball, tag, and hula-hooping
- Try Aquatic Therapy (perfect for individuals with mobility challenges!)
- High-Intensity Interval Training (we recommend talking to your doctor first!)
- Take the stairs next time you have to go up or down
- Try an at-home workout
- Take a new group fitness class
- Practice yoga (standing or in a chair!)
- Take a stretching class
- Strength or bodyweight training at your local gym or in the comfort of your home/backyard
- Try wall Pilates or take a Pilates class
- Swim at a local pool or head to the beach (don't forget the SPF!)
- Go for a hike at a local park
- Try seated exercises like leg lifts and arm circles
- Practice tai-chi
- Try a Zumba class at a local fitness center
- Do some gardening (plus at the end of it, you'll have a beautiful garden!)

Scan the QR code to take a free, anonymous, online mental health screening.

