

Move it May!



If the pandemic has disrupted your workout routine, here are some tips to get you back into your groove:

- **Set Goals and a timeline**
- **Hold yourself accountable**
- **Ease back into it**
- **Get outside**

Physical activity is linked to positive mental health...

- **People with good mental health tend to be more physically active than those with severe mental health conditions**
- **Physical activity can be a good antidote for lifting your mood and easing depression, anxiety, and stress**

People who exercise regularly are far less likely to be hospitalized and potentially die from Covid...

- **Exercise can amplify immune responses - aerobically fit people are less likely to catch colds and other viral infections**
- **In general, 30 minutes of activity 5 days a week decreases the risk of falling ill and dying of infection diseases by 37%**

After a session of moderate-to-vigorous physical activity, adults may experience short-term relief from feelings of anxiety. So, lets get moving!



Sources:

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