

# Move More! Stress Less!



This time of year, also known as '*the holidays*', often brings unwelcome guests— stress and depression. In an effort to pull off a perfect holiday, you might find yourself facing an array of demands — parties, shopping, baking, cleaning and entertaining, that leave you feeling frazzled. So much for peace and joy, right?

Need some help relieving that extra tension that is building up?

Two words— **Physical Activity!**

It's simple....*Move More! Stress Less!*

Here are some simple ideas to help you *Move More* this holiday season and in the year ahead:

- Put on your dancing shoes and do a holiday jig!
  - Take a walk with a friend or family.
- Try something new like yoga, Zumba, or kick boxing!
  - Park further away from the office.
    - Take the stairs!
    - Get a dog and walk it.
- Exercise your brain with a crossword puzzle!
  - Try Deep Breathing Exercises.