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.