



Mindful Moving: 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!

- Turn on a playlist of your favorite songs and have a dance party.
- Go for a run or walk - invite others or take the family dog.
- Try rollerblading or skating at your local roller rink.
- Follow along to a YouTube exercise video.
- Try playing video games that make you move (ex: Just Dance, Beat Saber, Wii Sports Resort, etc.).
- Try swimming, water aerobics, or walking in water for a full body exercise that is easy on the joints.
- Play yard games like volleyball, tag, and hula-hooping.
- Gather your friends and have a water balloon fight.
- Try Geocaching and find cool surprises.
- Try seated exercises like leg lifts and arm circles.

- Clean or organize your space.
- Try to learn a musical instrument.
- Go for a hike at a local park.
- Go bowling in your local bowling alley.
- Do a fun run, walk, or wheel with family and friends.
- Have a picnic.
- Try your hand at caring for plants.
- Try a new creative outlet like sculpting clay or crocheting.
- Park your car towards the back of parking lots to get more steps in.
- Try to build or craft something.
- Try a Zumba class at a local fitness center.
- High-Intensity Interval Training (we recommend talking to your doctor first).
- Practice yoga (standing or in a chair).
- Practice tai-chi.
- Go for a bike ride or take a spin class.

To speak to someone at Easterseals MORC, call 1.800.75.SEALS.

If you or a loved one is experiencing a mental health emergency, call or text 988 or chat at [988lifeline.org](https://www.988lifeline.org).



Scan the code to learn more about the Choose Kindness campaign.