Move more to stress less

Even in small doses, physical activity is a natural stress reliever – 62% of adults who use exercise to manage stress say it’s extremely effective. In contrast, only 33% of adults who watch TV to manage stress say that it helps.* Pretty convincing, right?

This week, try looking at your stress level in relation to physical activity. If you don’t normally exercise, start simple with a 10-minute walk. If you’re feeling ambitious, try taking a fitness class. Any additional activity can make a difference in how you feel.

Open your stress management workbook and start the week 7 activity.

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†“Walk, Don’t Run, Your Way to a Healthy Heart,” American Heart Association, heart.org, April 2016.