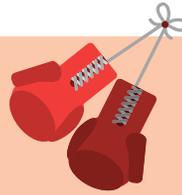# Physical Activity Ideas For

Self-Care

Practice yoga

Try a boxing class

Go for a walk or run at the park

Try a free online fitness class

Take a dance class

Take up Strength Training

Did you know getting 150 minutes of moderate to vigorous physical activity a week helps improve overall well-being?

Staying active keeps your body healthy both physically and mentally, keeping down your risk of developing chronic health issues and lowering your risk of illness.
Exercise releases endorphins (hormones that make you feel good), sharpens your focus, and aids sleep quality. Staying physically active also helps increase overall energy and lessens the risk of mood disorders.

Schedule some self-care physical activity in your week to keep healthy!

MAGNA