

# MOVEMENT & Wellness

## SOME MOVEMENT & WELLNESS IDEAS



### *Get Moving\**

- Walking
- Yoga
- Stretching
- Low intensity workouts



### *Spend 10 minutes outside*

- Take in the fresh air
- Read a book
- Listen to an audiobook or podcast
- Enjoy the peace and quiet



### *Find 1 thing to do for yourself everyday*

- Find ways to incorporate little sparks of joy into your daily life

\*Get clearance from your provider first

