

Finding Balance

Week 7: Exercise and stress



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.**



Tip: Walk your way to a healthy heart

Walking briskly can lower your risk of high blood pressure, high cholesterol, and diabetes as much as running.†

*American Psychological Association, Stress in America™ Survey, 2014.

†"Walk, Don't Run, Your Way to a Healthy Heart," American Heart Association, heart.org, April 2016.