

## Finding Balance

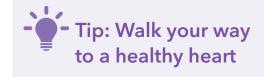
Week 7: Exercise and stress



## 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.



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



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

<sup>\*</sup>American Psychological Association, Stress in America™ Survey, 2014.

<sup>†&</sup>quot;Walk, Don't Run, Your Way to a Healthy Heart," American Heart Association, heart.org, April 2016.