

Joyful Movement

The most effective way to bust stress and end stress cycles in the body is by moving. Besides that, regular exercise has positive impacts on almost every aspect of our being. Mental, physical, and emotional health are all bolstered by the simple act of moving our bodies.

Exercise is a daunting word for many. We're constantly bombarded with images of gorgeous, highly photoshopped models wearing expensive clothes doing intense workouts or scenes of people weighing food against the effort needed to burn the calories off. The only purpose these images and messages serve is to sell product, not to promote health. If all of these expensive diet and exercise programs worked, they'd run out of customers. Don't buy into the fads, focus on what works.

What Works

Literally any movement. Dance, walk, do yoga, go for a swim, play with a child or pet, *it all counts*. Movement for wellbeing isn't all or nothing, it's all about doing what you can. If a hard workout feels good, that's great! If it doesn't, find something that does. *It's better to move your body in ways that make you feel good than to burn yourself out trying to force something that just doesn't work for your body and your life.*

How Much Movement?

30 minutes of moderate activity, five days a week. If you're doing intense movement, only 15 minutes per day, five days a week.

It doesn't need to be so exact either, you could do more or less on any given day if you feel like it. Also, if you only do 30 minutes for four days, that missed day doesn't take away from the benefits of all the work you did do. This is just a recommendation from a medical board. We all have different bodies, different lives, and different needs.

Types of Movement to Try:

- Walking in a location you enjoy, like in a pretty neighbourhood or along a body of water
- Free yoga videos on YouTube
- Stretching your muscles
- Dancing alone to your favourite music
- Playing with your kid or pet in an active way like tag, racing, dancing, catch, etc.
- Trying to balance on each leg for as long as you can
- Hiking in a provincial park
- Going for a swim
- Going for a bike ride at a leisurely pace
- Rent a kayak, canoe, paddleboat, or paddleboard

Moving your body is good for you no matter how you do it, so why not have fun doing it?