

# Get Moving

Reflect (record in pencil if possible) on how your day went today

Date / Time

To relieve stress, encourage brain activity, and improve your physical health, you need to move. To be healthy, mentally, and physically, humans need to move every 60-90 minutes.

Research 2-5 ways you can exercise in your day. Write down forms of exercise you can fit into your day that take both a short time (2-5 min) and a longer time (15-30 min).

Look at your schedule and plan times you can buy out brief periods to get moving.

What did you notice about your mood and mental clarity after you exercised?

What action(s) will you take from what you observed in this exercise?

