



Change Your Mind About Exercise!

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Many of us know that moving more helps our health, but most of us aren't getting enough exercise. Physical movement has been shown to help not only our physical health, but how we feel as well. A recent study showed that simply changing your beliefs and expectations about exercise can make it more enjoyable, helping us to do it more.

Change how you define exercise. People often think you have to break a sweat or work out for 30 minutes or longer for it to count, but anytime you move helps. A 10-minute walk, bowling or mini-golf are all ways to move.

Use movement to relax and connect. Physical movement helps you gain energy and cut down on stress. Try yoga to calm your mind. Instead of happy hour, catch up with friends on a hike. People who move more also tend to sleep better.

Remember being a kid. Heading inside at the end of the day was a bummer. Try old childhood favorites again like riding a bike, jumping rope or playing tag. Go to a trampoline park. There is probably one in your area. Don't think of it as exercise. Just have fun.

Think about your health. As you move more, think about how good you'll feel later. Notice how your balance and sleep get better. Notice how your stress level goes down. You might not see weight loss right away, but it's still helping your body.

Any time you move more is better than not moving, so find ways to stay active that are fun, and do them as often as you can. 

Information in this article is based on "Here's How to Make Yourself Love Exercise Again," by Amanda MacMillan, published on [Time.com](http://time.com) on May 17, 2017. Read the full article at <http://ti.me/2qxmScs>.

Sources:

- Camillesytlles.com
- Time.com

Time magazine. Here's how to make yourself love exercise.
time.com/4796079/exercise-fitness-motivation/

Accessed October 3, 2019

Healthy Recipe

BROCCOLI CHOPPED SALAD

Serves 2-4

- 1 head broccoli, chopped
- 1 large apple, chopped
- Half of a small red onion, finely chopped
- 1/3 cup sliced almonds
- 1/3 cup dried cranberries

SALAD DRESSING

- 1/4 cup fat-free Greek yogurt
- 1/4 cup light mayonnaise (or add a vegan substitute)
- 1 tbsp. honey
- 1/2 tbsp. Sriracha
- 4 sprigs fresh dill, finely chopped and for garnish

Combine dry salad ingredients in a large mixing bowl. Whisk salad dressing ingredients and add ingredients to your taste. Toss together and serve.

Check out our bonus recipe on Pinterest!

