

Hi Everyone,

The email below can be shared in its entirety or as a two-part series. Simply forward whatever you like to your colleagues, employees or family members as you find appropriate. We recommend adding in specific health plan benefits, as well. The highlighted **PART 1 and PART 2** are where we recommend separating the content if you wish.



**PART 1 Subject of the email "Moving can be fun and FREE!"**

We all know that exercise is important for many areas of health and wellbeing. The challenge may be that you feel you lack resources to make it happen in your life. The good news is that Bellin Health can connect you to some budget-friendly ways to move more.

- **Find Free Fitness Centers** - Bellin Fitness centers offer reduced-price or even free memberships to their fitness facilities. Visit [www.bellin.org/fitness](http://www.bellin.org/fitness) to learn more or visit one of our facilities.
- **Dance Your Socks Off** – You only need to crank up the tunes and bust a move to get your heartrate up. Find your favorite music and dance around your kitchen or anywhere else that works for you.
- **Find Online Fitness Videos** – Since the invention of YouTube, we can access ways to move than ever before. Do a search on YouTube for free yoga, kickboxing, boot camp, or ballet videos. You will be breaking a sweat in no time.
- **Go for a Walk** – Even if you live in the sometimes-chilly Midwest, you can always walk. Bundle up and hit the streets or find a shopping mall close by if you prefer to be indoors. Every step counts!

[DOWNLOAD](#) - Monthly Materials

[WATCH HERE](#) for some ideas on ways to move that are budget friendly.

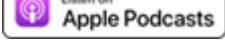
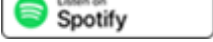
**JUST ONE THING:** Find a way to move 10 more minutes every day.

**PODCAST – Prescription for Life**



**The Prescription for Life Podcast** features Bellin Health experts sharing content on ways to improve your health and wellbeing in a variety of ways.

This month, Liza Margelofsky, Bellin Health Fitness Trainer, talks about why it is important to move and how you can find ways to move that don't cost anything. **NOW**

**AVAILABLE IN VIDEO.** Listen and watch on  ,  or

 and subscribe, like and share!

**PART 2 Subject of the email "Little ways to move more"**

**MOVING & GROOVING**



Sometimes it's not the formal exercise but those extra little bursts of movement that help us move more each day. Here are some ideas to incorporate into your daily routine:

- **Take the stairs.** It may be tempting to take an elevator when it's available, but take the stairs. It's a great way to work the major muscles in your lower body.
- **Stand up if you can.** A lot of us have desk jobs, so we sit a lot though out the day. If possible, stand while you are on a conference call, or move your computer to a stand-up location.
- **Multitask your exercise.** Things like squatting while brushing your teeth or doing calf raises while you stand at the stove are a great way to squeeze in a few extra minutes of movement.



Listen to our latest [Mental Health Moments](#) webinar, brought to you by the Lifesaver Wellbeing Series. In this segment we chat with Bellin Health Licensed Behavioral Health Therapist, Hannah Bauer. Hannah shares with us how we can manage stress and not let it negatively impact our health and wellbeing. Listen now and

pass along to others who may need help managing stress in their lives. –**ALSO AVAILABLE IN PODCAST FORMAT. [LISTEN HERE](#)**

Mental Health Moments podcasts are posted monthly, featuring mental health experts from Bellin.

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Let us know how we can help you or your organization integrate these healthy living tips. You can reach me at [wellnessconsultant@bellin.org](mailto:wellnessconsultant@bellin.org) or at **920.436.8668**. Also, please follow our social media pages for more content throughout the month.



*Looking for ways to engage your teams in wellbeing? Reach out to me for a personalized presentation.*

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