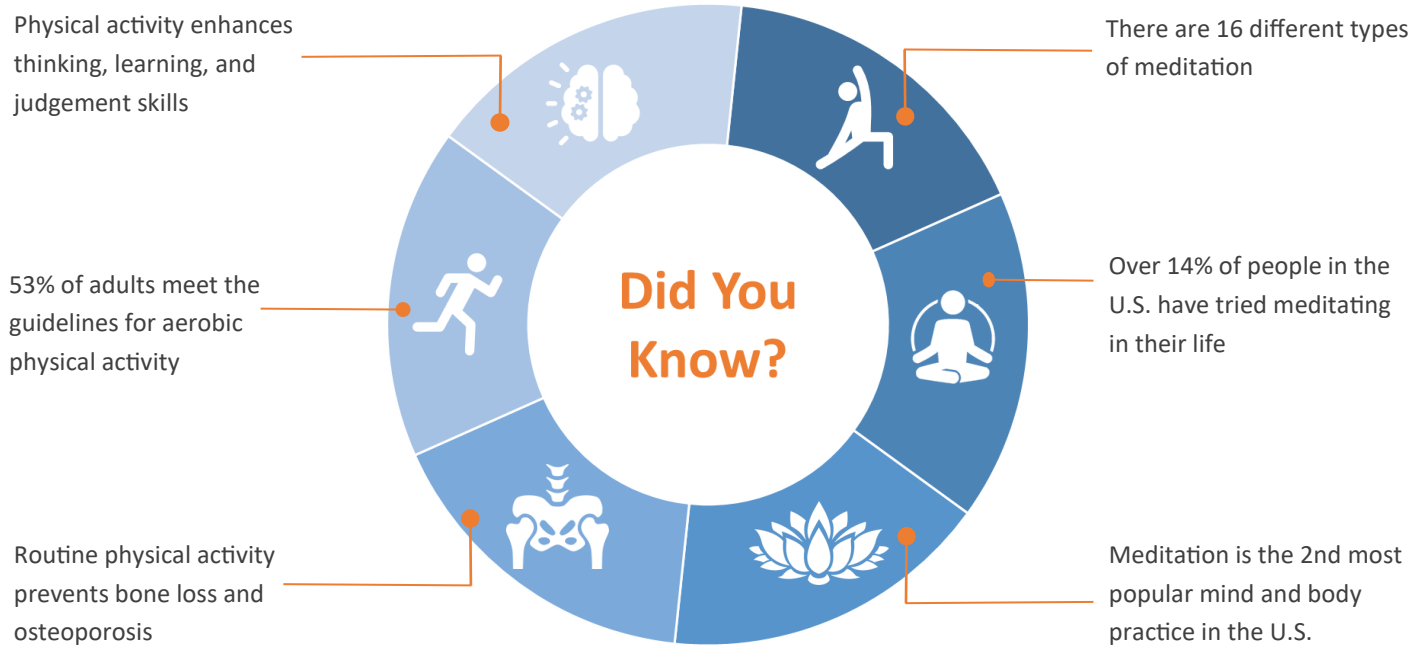


Exercise & Meditation

Exercise and meditation are critical elements that support one another to create a strong foundation for health and wellness



Benefits of exercise & meditation

- During meditation, accumulated stresses are removed, energy is increased, and health is positively affected overall
- Exercise improves mental wellness by reducing anxiety, depression, and negative mood
- Combining exercise and meditation helps our ability to remain present, calm, and focused

How to incorporate in daily life

- Practice mindful meditation to focus on the present moment
- Take walking meetings to enjoy fresh air, improve productivity, and boost energy level
- Take a moment to pause, check-in with yourself and revisit your intention for the day with purpose

Resources

- Apps for Healthcare Providers
- Informational Podcasts
- Journal Articles on Exercise & Meditation

