



PHYSICAL ACTIVITY FOR MOOD AND HEALTH



WellU @HT Weekly Wellness Newsletter (Vol 6, Issue 2)

Hello, HT Community! Welcome to this week's edition of our weekly wellness newsletter. On this edition, we focus on the incredible benefits of physical activity – not just for fitness, but for mental clarity, mood, and overall health. Even a short burst of movement can release mood-boosting endorphins, reduce stress, and provide a powerful sense of renewal.



Physical activity doesn't need to be intense or time-consuming to make a difference. Simple actions like taking a brisk walk, stretching between classes, or joining a WellU RAM wellness class can have a positive impact on both body and mind. Whether it's dancing, stretching, or strength training, each moment of movement is a chance to care for both physical and mental health.

This week is a great opportunity to explore ways to incorporate movement into daily life, no matter how small. Embracing physical activity in any form can lead to a healthier, happier state of mind – and is an essential part of overall wellness!

Maria P. Lopez
Program Coordinator
WellU RAM Wellness Program

Why Physical Activity is Essential for Mood and Health?

Physical activity is a key pillar of wellness, playing a crucial role in enhancing both mood and overall health. The benefits of regular exercise extend far beyond physical strength and endurance, positively impacting mental well-being, emotional stability, and overall life satisfaction. From boosting mood and reducing anxiety to enhancing focus and resilience, exercise supports both the body and mind. Recognizing the many benefits of physical activity can encourage people to make it part of their daily routines, promoting a healthier and happier life. Here's a closer look at how staying active supports overall wellness.

Mental Health Benefits

Physical activity is not just beneficial for physical health; it plays a crucial role in supporting mental well-being, too. Exercising regularly can provide a greater sense of overall well-being, helping us feel more energetic, improving sleep, sharpening memory, and boosting positivity. Exercise also serves as a natural and effective “medicine” for mental health, with research showing it has a profound impact on reducing symptoms of depression, anxiety, and ADHD.

Wendy Suzuki: The brain-changing benefits of exercise | TED



- **Endorphin Release:** Physical activity triggers the release of endorphins, sometimes called “feel-good” hormones, which help reduce pain and enhance feelings of pleasure and positivity. This endorphin boost can leave a person feeling energized and happy after just a short workout.
- **Reduced Anxiety and Depression Symptoms:** Studies have shown that consistent physical activity can significantly alleviate symptoms of anxiety and depression. Exercise lowers levels of the body's stress hormones, such as cortisol, while stimulating the production of endorphins, which act as natural mood lifters. Even moderate activities like walking or stretching can provide a calming effect.
- **Improved Focus and Memory:** Physical activity increases blood flow to the brain, which nourishes brain cells with oxygen and nutrients. This boost in circulation enhances cognitive

function, helping with focus, memory, and mental sharpness. Regular exercise has also been shown to support long-term brain health by reducing the risk of cognitive decline.

- **Enhanced Resilience to Stress:** Physical activity is a natural stress reliever. Regular movement helps individuals manage stress more effectively, making it easier to stay calm and focused on challenging situations.

EXERCISE AND MENTAL HEALTH: THE BENEFITS



Release feel good hormones



Improve confidence and self-esteem



Improve sleep



Better your concentration and focus



Happier moods



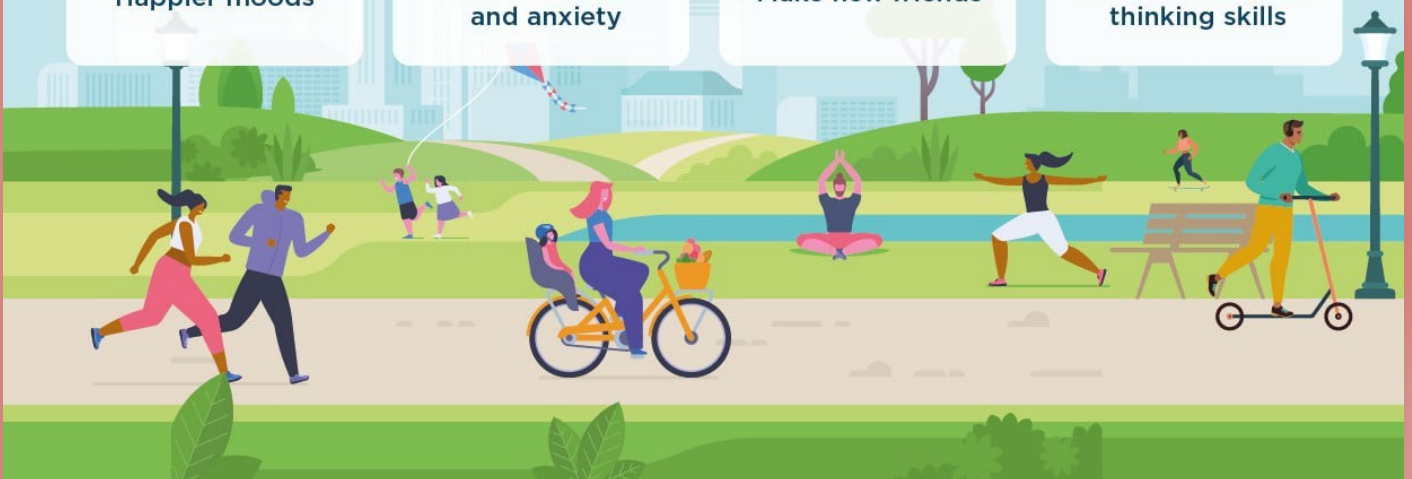
Reduce stress and anxiety



Make new friends



Boost memory and thinking skills



Physical Health Benefits

Physical activity is one of the most effective ways to support long-term physical health. Its benefits extend beyond fitness to overall wellness, providing energy and resilience that impacts every part of life:

- **Heart Health and Circulation:** Cardiovascular exercises, such as walking, running, or cycling, strengthen the heart and improve circulation. This reduces the risk of heart disease, lowers blood pressure, and improves overall cardiovascular health, allowing the body to perform daily tasks with greater ease.
- **Increased Energy:** Contrary to the idea that exercise is exhausting, it can actually increase energy levels by improving the body's ability to transport and use oxygen. As endurance improves, daily activities become easier, and feelings of fatigue are reduced, making physical activity a great energy booster.
- **Better Sleep Quality:** Regular physical activity supports deeper, more restful sleep by helping to regulate the body's natural sleep-wake cycle. It can also alleviate symptoms of insomnia

and improve sleep quality, leaving individuals feeling refreshed and ready to take on the day.

- **Enhanced Immune System:** Exercise has been shown to strengthen the immune system, making the body more resilient against infections. By promoting efficient circulation of immune cells, physical activity helps the body respond more effectively to potential illnesses.

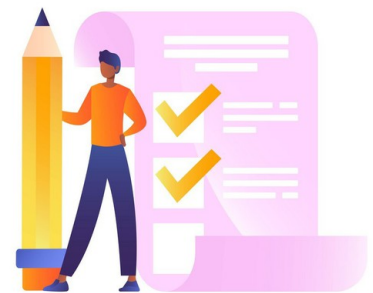
Benefits of Exercise

How to Incorporate Physical Activity into Daily Life

Incorporating physical activity into your daily routine does not have to mean spending hours at the gym. It's about making small adjustments that gradually become habits, leading to a more active lifestyle. Here are some strategies to help make movement a consistent part of your day:

Set Realistic Goals

Start by setting small, manageable goals that gradually build up. For example, aim for 10 minutes of activity each morning or a 15-minute walk after dinner. As these activities become regular, you can increase the time or intensity.



Create a Routine

Schedule your exercise like any other appointment. Whether it's a 10-minute stretching session after waking up or a quick walk during lunch, consistency is key. Block out time each day to move, and treat it as a priority.

Combine Activities with Movement

Pair routine activities with movement to make them more active. For example, while you're on the phone, take a walk around the house or office. Or, stand up and do some light stretches during a TV show or while cooking.



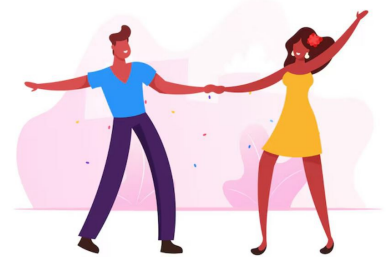
Use Reminders



Set reminders throughout the day to prompt movement. These can be reminders to stand, stretch, or walk. Use apps or alarms on your phone to ensure you're staying active throughout the day.

Make Physical Activity Fun

Choose activities you enjoy, like dancing to your favorite songs or trying new fitness classes. The more enjoyable the activity, the more likely you'll stick with it. Incorporating friends or family members can also make it more fun and motivating.



Paula's Corner: Moving for a Healthier Mind and Body

Welcome back to Paula's Corner! This week, let's dive into how movement positively impacts both our mental and physical well-being. Just a few minutes of daily activity can lift your mood, increase focus, and provide a refreshing boost of energy—benefits that go far beyond just physical fitness.

Why Movement Matters

Incorporating regular physical activity into your routine doesn't have to be overwhelming. Small bursts of movement, like a quick walk, a few stretches, or even a dance break, can bring lasting changes to your mood and overall sense of wellness. Scientific studies show that exercise reduces symptoms of anxiety, improves focus, and promotes emotional resilience. These little "movement moments" can be as effective for mental clarity and positivity as they are for physical strength.

What happens inside your body when you exercise?

Making It Work with Your Schedule

It's easy to feel like exercise requires hours at the gym, but here's the truth: fitting movement into your day doesn't have to be complicated or time-consuming. Even brief bursts of activity, like a 5-minute walk between classes or a quick stretch in the morning, can boost your mood and help clear your mind. Try to think of movement as small "power-ups" that you can work into your day wherever you are.



A Quick Routine to Boost Your Day

Want to get moving but don't know where to start? Here's a simple 5-minute workout you can do anywhere! This routine is designed to get your blood flowing, lift your mood, and give you a natural energy boost:

- 1 minute of Marching or Jogging in Place
- 30 seconds of Bodyweight Squats
- 30 seconds of Arm Circles (switch directions halfway)
- 1 minute of Lunges
- 1 minute of Standing Side Crunches (lift your knee towards your elbow on each side)
- 30 seconds of Gentle Stretching

This routine is easy to fit into any day, giving you a quick reset that can help you feel focused and energized.

Finding Joy in Movement

Remember, wellness is not about perfection, it's about progress. Find activities you enjoy, whether it's dancing, walking, or a quick HIIT session, and make them part of your daily life. Take small steps, and enjoy each one of them. Wellness is a journey, and I'm here with you every step of the way.



WellU RAM Wellness Program Physical Activity Classes

The WellU RAM Wellness Program at HT offers a variety of physical activity classes designed to support both fitness and mental well-being. These classes provide a chance to get moving, reduce stress, and connect with others in a supportive community. From energizing cardio sessions to fun line dance, each class is accessible to all fitness levels, helping participants find enjoyable ways to stay active.



Here's a look at some of the physical activity classes offered this semester:

Total Body HIIT

This high-intensity interval training (HIIT) class combines cardio and strength exercises for a full-body workout, helping to build endurance and boost energy.

Schedule: Class meets on Mondays and Wednesdays at 5:30 pm at HT's gym/weight room.



Line Dance

Join in on this lively class to learn fun, choreographed dance routines to popular songs. Line dance is a great way to exercise, improve coordination, and lift your spirits in a social, relaxed setting.

Schedule: Tuesdays and Thursdays at 6:15 pm at the student union.



Bring Fitness to Your Office (Online)

Perfect for those with busy schedules, this virtual class offers simple exercises that can be done from your workspace. Whether at home or in the office, this class makes it easy to stay active without needing a gym.

Schedule: Tuesdays and Thursdays at 10:30 am online in Teams.



Quick Tips for Staying Active in a Busy Schedule

When your schedule is filled with meetings, work, classes, and other activities, finding time to stay active can be challenging. However, even short bursts of movement throughout the day can make a difference. Here are some simple, quick ways to keep moving without taking up too much time:



Join Us!

WELLURUM

IN PERSON CLASS SCHEDULE



05:30PM	TOTAL BODY HIIT	Location HT's Gym
Monday and Wednesday		
06:30PM	KICKBOXING	Location HT's Gym
Monday and Wednesday		
06:15PM	LINE DANCE	Location Fitness studio
Tuesday and Thursday		

JOIN US

WELLURUM

ONLINE CLASS SCHEDULE



11:30AM	MONDAY	with Brandie Via Zoom	
MINDFULNESS			
10:30AM	TUESDAY	Via Teams	
BRING FITNESS TO YOUR OFFICE			
09:00AM	WEDNESDAY	with Jeretta Via Zoom	
CHAIR YOGA			
11:30AM	FRIDAY	with Brandie Via Zoom	
MINDFULNESS			

JOIN US



Carlos Cervantes

Carlos is using Smore to create beautiful newsletters