

**I AM  
STAYING  
ACTIVE**

**By:**

## What is physical activity?

Any sort of body movement that is practical for you right now. This may look different for everyone, and what works for you may not work for everyone.

## Why is it important?

Physical activity is linked to all areas of health. Moving your body helps to improve your mood, boost your immune system, and can be helpful in combatting depression and anxiety.

## How can I engage in it?

- Go for a walk in your neighborhood or in a nearby park (remembering to physically distance from others)
- Stand up and stretch every so often
- Find an online workout or yoga class
- Use a stationary bike or a treadmill
- Dance!