

# Ways to Wellness

*Small steps can make a big difference.*

## Get active

Physical activity can help improve your mood.



Being active improves your mood, helps to decrease depression and anxiety, increases positive self-esteem, and improves sleeping patterns.

Just 30 minutes of walking for 10 days may be enough to reduce symptoms of depression.

### Regular physical activity can:

#### *Decrease stress*

Physical activity releases endorphins that improve your mood and increase your tolerance to pain.

#### *Improves mental and physical flexibility*

#### *Creates connection*

Physical activity is a great way to spend time with your family and friends, meet new people, explore new interests, and get involved in your community.

Here are some tips to help you get moving

- Even 10-15 minutes of activity at a time can make a difference.
- Make a plan and write it down. Keep an activity journal to stay on track.

- Talk to your health care provider about activities that are right for you.

- Ask your family and friends to support you.

- Take regular breaks at work. Get up, move around, stretch or go for a walk at lunch.

- Try a group activity. Walk with friends or join a dance, exercise, or yoga class.



For more health related information,  
visit: [www.albertahealthservices.ca](http://www.albertahealthservices.ca)  
or call Health Link at 811