

Making Every Move Count

April is here, and with it comes a fresh opportunity to prioritize our health and well-being. This month, we are focusing on the importance of moving more throughout the day. As the American Heart Association reminds us, [every move counts](#), and small changes can lead to big benefits for both our physical and mental health.

Whether you're working from home, in the office, or balancing both, it's important to make movement a part of your daily routine. In this newsletter, we'll explore simple ways to move more and share the amazing health benefits of physical activity.



Why Move More?

Physical activity is essential for good health, and the great news is that it doesn't always require an hour at the gym. Even small, consistent movements throughout the day can help.

Simple Steps to Move Your Body Throughout the Day:

- **Take Short Walks:** Aim for a 5-10 minute walk every couple of hours.
- **Use the Stairs:** Skip the elevator and use the stairs whenever possible.
- **Set Reminders:** Use a phone or smartwatch to set a reminder to get up and move every hour.
- **Walking Meetings:** Instead of sitting in a conference room, suggest a walking meeting.

Try The American Heart Association's Fierce 5 Movement Breaks:

Consult your doctor before beginning an exercise regimen and for modifications that best meet your needs.

- [Upper Body Strength](#) (6:17min)
- [Quick Blast Circuit](#) (6:02min)
 - [Flexibility](#) (6:04min)
- [Core Activation](#) (6:39min)
- [Chair Workout](#) (31:03min)

For more information and resources on physical activity, visit your Be Well Vermont Wellness Platform:
www.bluecrossvt.org/bewellvt



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