

SELF-CARE SOLUTIONS

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Monthly newsletter for corporate and personal wellness
Latest information on fitness, health, and healing

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Gardening for Health

Gardening is a great way to get fresh air, natural light, sensible sunshine exposure, physical activity, improve social connectedness, and encourage healthy eating habits.

Research shows that home or community gardening may:

- Improve vegetable and fruit consumption
- Reduce the risk of obesity
- Improve mental resilience and optimism
- Be protective against high blood pressure
- Reduce the severity of depression
- Reduce anxiety
- Improve coping ability for chronic pain
- Improve social connections
- Promote happiness

So why wait? Get started on creating your healing garden in your yard, balcony, or community center.

Healing Journal

Consider creating a daily journal to help change habits, monitor your weight loss goals, track fitness progress, and identify pain triggers. Here is a sample journal format you could use:

DATE:

SLEEP: *(how long did you sleep?)*

FOOD: *(what did you eat?)*

Breakfast:

Lunch:

Dinner:

EXERCISE: *(how long did you exercise?)*

Morning:

Evening:

STRESS: *(were you under stress?)*

PAIN: *(how severe was your pain?)*

SYMPTOMS: *(how did you feel?)*



Short-Bout Walking for Fitness

Short-bout aerobic training is where short periods of exercise are accumulated throughout the day. Short-bout exercise may be a good form of exercise for some individuals.

For example, a person could perform the following sequence to accumulate at least 30 minutes of activity during the day:

- Walk 10 minutes in the morning before work
- Walk 10 minutes in the afternoon at lunch
- Walk 10 minutes in the late afternoon after work

Research shows that short-bout walking may:

- Be effective as an exercise option for busy workers
- Help improve adherence to exercise and enhance weight loss
- Improve overall cardiovascular health

Keep in mind that the short-bout exercise approach may be used for other physical activities such as yoga, tai chi, and calisthenics if time is limited.

Any exercise or movement is better than no physical activity.

Outdoor Exercises

Engage in outdoor exercise and physical activity for your health and happiness. Try:

- Walking
- Running
- Hiking
- Biking
- Outdoor sports (pickleball, basketball, volleyball, softball, tennis, badminton)
- Fitness court exercises (pullups, pushups, squats)
- Outdoor mind-body movements (yoga, tai chi, qigong)
- Gardening



Sources:

Gardening for Health

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