



Healthy Body, Healthy Mind

Stretch it Out!

Goal: Try and take 10 minutes a day to stretch your body. Pick 3-4 different stretches to complete.

[Tip]: If possible try to also include your children. You can do this while watching TV, during the commercial breaks, or at the end of a movie while the credits are rolling.

Why is this important? By stretching, you are improving your flexibility and range of motion in your joints, which is good for your wellbeing. Modeling these activities to your children will help them adopt these habits as well!

References: Zhang, Z., & Chen, W. (2018). A systematic review of the relationship between physical activity and happiness. *Journal of Happiness Studies: An Interdisciplinary Forum on Subjective Well-Being*, 20(4), 1305–1322. <https://doi.org/10.1007/s10902-018-9976-0>