

How physical activity can help

Managing stress is not just about being quiet and relaxing. High-energy activities can energize your brain and help you stay positive. Getting physically active bumps up the endorphins in your body, those feel-good chemicals that boost your mood. Not only does it help shake off stress, but it also lowers your risk of many health issues.

National health guidelines recommend that you:

- Aim for at least 30 minutes a day of physical activity.
- Spend most of that time on things that get your heart rate up, like brisk walking.
- Do some muscle and bone strengthening activities like lifting weights at least three days a week.

FUN WAYS TO GET MOVING

Join a Sports Team: It's not just about the game; it's about being part of a team, making friends, and staying fit. Check out teams at school or in your community like soccer, basketball, volleyball, swimming, football, cheerleading, baseball, or hockey!

Bike the Scenic Routes: In Colorado, hit up trails like the Cherry Creek Trail in Denver or explore urban bike paths in Boulder and Fort Collins. No bike? No problem! Rent one and maybe join a local bike club for more fun.

Dance or Zumba: If team sports or cycling aren't your things, how about dance or Zumba classes? They're great for staying active, and you can really let loose, enjoy the music, and have a blast while working out. You can even follow along with online videos and dance right in your own living room!

Yoga and mindfulness practices are types of physical activities that focus on connecting your mind and body. Doing these practices can help you handle stress better, concentrate more, and boost your emotional health.

