Charge Your Battery Through Exercise

**It's that Time of Year Again: Are You Running on Fumes?**

*Employee Health and Wellbeing* wants you to check your battery. This past year has been challenging by drastically changing the way we live, work, and play. During the month of *April*, we invite you to assess what your personal energy drains are as well as create a plan to help you recharge, both physically and mentally. Check out the *April Wellbeing Calendar* for ideas on how to relax and unwind.

There are simple things you can do to increase and maintain your energy levels if you are currently feeling exhausted and drained.

**Become Aware | Move More with Exercise:**

Sometimes, work can really drain you, but taking small steps during the day can lead to a big change. How are you caring for yourself through exercise? After a long, hectic day at work, you may not find the thought of exercising enjoyable. Fitness does not have to be about pushing yourself to the max. This is where small bouts of movement can lead to a big change. Our bodies naturally want to move, whether it is in the form of walking, running, yoga, or other exercises. Moving intuitively, or when and as our bodies desire, allows us to focus on positive changes that boost our mood and energy while also improving our muscles and bones and decreasing our risk of chronic diseases. Taking the time to care for ourselves (even with a hectic schedule) provides us with energy, positivity, and relaxation. Make time today to add some movement into your day!

Take a 15-minute break for every hour of focused work. Taking a break allows the mind and body to remain concentrated and re-energized so that you can be the best version of yourself.

**Take a Break | Stretch it Out:**

Did you know that long periods of sitting are linked to chronic health problems and a shorter life span? When sitting at your desk all day, it's easy to forget about getting up, moving around, and staying active. Stretching is not only a great way to take a break and calm your mind, but also to recharge your muscles. To help you relieve tension and stay productive on those busy workdays, try these *At-Your-Desk Quick and Easy Stretches*.

Stretching makes sitting and standing easier! Learn more stretches in the *UD Stretching Exercises Booklet*.

**Track Your Energy | Energize Your Life:**
Take a moment to ask yourself these three questions: What depletes your energy levels? How do you feel after taking a quick break from work to move your body? Do you feel more productive as a result? The way we live, and work can often put a strain on our personal energy levels, often leaving us feeling physically, mentally, and emotionally drained. With the Purposeful App you can monitor how you feel after moving more during the day. This app takes you on a journey of self-awareness and inspiration in order to improve your personal well-being and work engagement.

To begin your Purposeful journey today. Text “UDEL” to 734-436-3939 to get started. Also check out the Purposeful Team’s channel to connect with others.