

# Well-Being Tips

## Physical Activity

Physical activity is key to a healthy lifestyle. In fact, physical activity is one of the best ways to prevent a heart attack and stroke! Living an active lifestyle can lower bad cholesterol, raise good cholesterol, help you lose weight, lower blood pressure, control blood sugar, improve your mental well-being, increase flexibility, and increase bone strength.<sup>1</sup> Here are some tips for living an active life:

1. Find the right activity.
  - Most activities can be adapted to fit your needs (moderate vs. vigorous). For example, walking could be leisurely, brisk, uphill, or even become a jog (depending on your fitness level).
  - For general exercise, water exercise, outdoor activities, and house/yard work ideas, click [here](#).
2. Consider including physical activity into your normal working day.
  - Walk or bike to work if possible.
  - Take the stairs instead of the elevator.
  - Try these [desk stretches](#).
  - Get up and walk/stretch during breaks or lunch.
3. Join a competitive sports team or sign up for a competition.
  - Competition can be a positive motivator because it gives you a clear and measurable goal to work towards. For example, signing up for a 5/10K run will encourage you to train for the race.
  - Signing up for something new (like a Frisbee team or mini-triathlon) can restore excitement and interest in physical activity if you're getting bored of the same types of activities.
4. Try cross-training for a variety of physical activities.
  - Cross-training allows you to work various muscle groups (decreasing the likelihood you'll get bored).
  - This type of training helps create balance among various muscle groups while reducing the risk of injury because you're not putting continued stress on one part of the body.

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<sup>1</sup> [UW Health](#)