

Weekly Wisdom



Grow the Green for You and Your Team



“The difference between try and triumph is a little umph.”

-- Marvin Phillips

Exercise? Everything Counts!

Spring is in the air and there’s a spring in our step! It’s a great time to move our bodies! But we don’t want to burden you with guilt or another item on your “to-do” list.

So please take to heart these 3 misconceptions about exercise:

- You must sweat for it to count.
- It’s only good if you exercise for 30 minutes at a time.
- You must “feel the burn” or it doesn’t count.

All false. Let’s take a pause and get real.

Here’s an invitation. Instead of “exercise,” think **move my body**. When it comes to movement, “everything counts” and helps ward off Type 2 diabetes, heart disease, and even some cancers.

Walking a dog, playing with children, vacuuming, cooking dinner, and styling your hair are just a few of the hundreds of activities listed in the Compendium of Physical Activities.

Start small. Maybe 3 10-minute walks. Focus on how exercise makes you feel – improved mood or more energy.