### MENTAL HEALTH MATTERS SERIES - TOPIC THREE

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Welcome to our third topic of the Mental Health Matters Series: **Physical Activity** 



Encourage play and exercise outside

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Aim for at least 60 minutes of physical activity a day

Go for a walk together

Check out a new park or hiking trail

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Have fun and feel better

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Research has consistently shown that even small amounts of physical activity can decrease symptoms anxiety and depression

www.Physical Activity Mazzan

Engaging in regular physical activity is a great way to manage stress and improve overall wellness

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