Jun Physical Activity Marron Steller

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

Physical Activity

MENTAL HEALTH MATTERS SERIES



July Physical Activity Markey States

Encourage play and exercise outside

Aim for at least 60 minutes of physical activity a day

Go for a walk together

Check out a new park or hiking trail

Have fun and feel better

Augusical Activity Markey Seller

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

MENTAL HEALTH MATTERS SERIES

Jun Physical Activity Markon States

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

July Physical Activity Maxxon Steller

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