

Moving Well

“The human body is meant for movement.”
— Dr. Andrew Weil

The Benefits of Daily Physical Activity

Physical activity throughout our lives is a simple and vital way to stay healthy. When we stay active, we keep our heart and lungs healthy, our brains release chemicals that help regulate our emotions, we digest our food better, and our muscles and bones stay strong.

When partnered with eating well, daily physical activity helps us to stay fit and energized with a strong immune system to fight germs, prevent illness and reduce stress.

Tips for getting started

Physical activity is any time that we intentionally move the body to be healthy and stay well, so start simple. Choose an activity that is fun and doesn't feel like work. Dance, yoga and the martial arts all enhance creativity and allow you to explore your body.

Want to start even more simply? Find small ways to add movement to your daily activities. Parking further from a destination, taking the stairs rather than an elevator, walking the dog, playing outside with children, pulling weed or carrying groceries all count as movement.

If you work at a desk, take a couple of minutes every half hour to get up and stretch. Simple movement such as breathing deeply, circling your ankles and wrists, stretching your neck and shoulder, and noticing how we feel can change our day for the better.

Tips for staying active

Pay attention to the body – during exercise and over time – and adapt physical activity as needed. Notice pain or discomfort, as well as increased energy, stamina and positive results, and adjust your activities accordingly.

Make your physical activities social by inviting a friend to join you for a run or a class. You can even make new friends at group classes.

Most importantly, have fun!



UF HEALTH INTEGRATIVE
MEDICINE PROGRAM

Supporting people on their journey to realizing wholeness

For more information or to make an appointment, please call 352.265.WELL(9355)
or visit UFHealth.org/integrative-medicine.