

# SETA Wellness & Safety Awareness Monthly Blast *Fitness: Mind & Body*

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**“THE BODY ACHIEVES WHAT THE MIND BELIEVES”**

## **Mind-Body Connection**

It's no surprise that the more you help your body, the more you help your mind. Physical activity increases the flow of oxygen to your brain. It also increases the amount of endorphins, the “feel-good” chemicals, in your brain. For this reason, it's not surprising that people who are in good physical shape also tend to enjoy a higher level of mental agility.

Engaging in a vigorous physical workout can help you battle depression and gain a more positive outlook on life. It's also a great way to beat stress, which can harm you mentally and physically.

Mental exercise is just as beneficial.

According to a study in the [Proceedings of the National Academy of Sciences](#), certain memory training exercises can increase “fluid intelligence,” the ability to reason and solve new problems.

While exercise is good for the brain and the body, so is meditation. Meditation, in conjunction with other methods, is an alternative way to treat depression. Calming the mind allows you to problem solve in a more relaxed way.

## **Become mentally fit**

Try the following approaches to increase your mental fitness:

- Stop multitasking
- Be positive with your self
- Try a new experience
- Play games
- Read more
- Get fresh air every day
- Decrease fats and cholesterol
- Get plenty of sleep
- Exercise
- Eat healthy
- Hydrate



## ***Free Fitness Apps for Mind and/or Body***

- ◆ HASFIT
- ◆ Nike + Training
- ◆ Couch to 5k
- ◆ MyFitness Pal
- ◆ Headspace
- ◆ Yoga Wake Up
- ◆ Relax Melodies



## 10 Ways to Eat Healthy for a Healthy Mind & Body

1. Don't skip breakfast
2. Prepare food in advance
3. Invest in healthy grab-and-go snacks
4. Don't eat and work
5. Eat with friends/co-workers
6. Stay hydrated
7. Choose healthy options at restaurants
8. Make family dinners a priority
9. Grocery shop wisely
10. Choose quality



### DO THIS, NOT THAT

Consider some simple ways you can incorporate movement into your day.

#### Do...

- Stand or pace when talking on the phone
- Take the stairs
- Park further away at your work or store
- Set an hourly "move" alarm on your phone
- Fidget when on the phone
- Holding a walking meeting with colleagues
- Take a 5-minute standing break every hour
- Walk fast or lightly jog to get coffee
- Walk to deliver a message to a co-worker

#### Don't...

- Sit when talking on the phone
- Take the elevator
- Search for the nearest spot
- Sit all day without moving/breaks
- Sit still when on the phone
- Sit down when holding meetings
- Sit down when taking break
- Send someone else to make your coffee
- Email or text a co-worker