



# May is Mental Health Month

## Move for better mental health!

Being active offers numerous benefits for your mental health. In fact, individuals who engage in moderate exercise for 20 minutes a day, five days a week, have a 43% lower risk of major depression compared to non-exercisers.

### **Discover activities you enjoy.**

It could be gardening in the evening, starting your day with a jog, riding a bike or playing basketball with your children after school.

### **Seek assistance from your healthcare provider.**

They can help you set goals, design a plan that fits your capabilities and offer suggestions tailored to your needs.

### **Reframe your thinking.**

Don't think of exercise as a chore, but rather as means to improve your overall wellbeing. Anticipate setbacks and obstacles. Keep at it to reap the benefits!



**Scan the QR code to visit your member website for more information.**