



Tip 1: Strengthening your core muscles will also naturally improve posture, as well as strengthen your back, abs and pelvic floor muscles.

Tip 2: Engage in regular physical activity and reduce sedentary activities to promote health, psychological well-being, and a healthy body weight.

Tip 3: Change for life... To help yourself stay committed to a heart-healthy lifestyle, think of each change that you are making as a life-saving measure and allow yourself time to adjust to the new you.

Weekly Exercise: Tree Pose



Exercise Instructions:

- 1.) Stand upright and bring your palms together into prayer position.
- 2.) With a straight left leg, bend your right leg at the knee and turn your right knee to the right and rest the sole of your foot on your left calf below the knee.
- 3.) Balance and hold for 50 seconds.
- 4.) Repeat on the opposite side.

**For more wellness tips and activities, visit <http://livewellshinebright.methodisthealthsystem.org>*