



Tip 1: We know 150 minutes each week sounds like a lot of time, but you don't have to do it all at once. Not only is it best to spread your activity out during the week, but you can break it up into smaller chunks of time during the day. As long as you're doing your activity at a moderate or vigorous effort for at least 10 minutes at a time

Tip 2: Lighten Up! People who overreact to stressful situations appear more likely to have heart trouble. Example: In one study, people whose blood pressure and heart rate jumped the most during frustrating tests were also most likely to have reduced blood flow to the heart.

Tip 3: Make time for yourself. Delegate responsibilities. Schedule a free hour to do yoga, read or take a relaxing bubble bath.

Weekly Exercise: Jumping Jacks



Exercise Instructions:

- 1.) Begin by standing with your feet together and arms at your sides.
- 2.) Bend your knees and jump, moving your feet apart until they are wider than your shoulders. At the same time, raise your arms over your head.
- 3.) Keep your knees bent while you jump again, bringing your feet together and your arms back to your sides.
- 4.) Repeat 25 times.

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