

# UCI Wellness

## THE REST AND REVIVE CHALLENGE



### WEEK 4: EXERCISE

Exercise your body to help your mind.

Did you know that physical activity can ease symptoms of anxiety or depression and make you feel better? Exercise may also help keep anxiety and depression from coming back once you're feeling better.

If you work in an office or have a long commute, you might sit for hours at a time throughout the day. Luckily, staying active during the work week is only a matter of doing small bouts of movement or exercise throughout the day.

While at work, try:

- Using the stairs instead of the elevator
- Walking to talk to a co-worker instead of emailing or calling
- Walking to the break room and back
- Printing at a further printer
- Using the bathroom one flight up, down, or in another building
- Looking away from the screen every 30 minutes or so to stand up and stretch

Get moving! Start taking actual steps to improve your emotional health.

Adapted from: Anthem BlueCross



### THIS WEEK'S WEBINAR

- [Running on E - Adding Energy and Fun to Your Workday](#)



### THIS WEEK'S TIP

- [Keep Exercise on Your To-Do List](#)



### ADDITIONAL RESOURCES

- [10 Changes to Get More Exercise Every Day](#)
- [Wellness Adds Up Video Library - Power Exercises for Strength and Cardio](#)
- [UCI Walking Maps](#)
- [UCI Fit Squad - Free Fitness Classes](#)
- [UCI Anteater Recreation Center \(ARC\)](#)
- [UCI Employee Fitness Discounts](#)



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