

# EVERYBODY WALK ACROSS PENNSYLVANIA

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**When:** Sept. 9 - Nov. 4, 2024



**PHYSICAL ACTIVITY HAS AN IMMEDIATE AFFECT ON THE BRAIN, REDUCING STRESS AND ANXIETY WHILE IMPROVING FOCUS AND MOOD.**

Everybody Walk Across Pennsylvania is a free eight-week virtual walking program offered in the spring and fall by Penn State Cooperative Extension. This program is great for worksites, schools, community groups, and individuals. Healthy Franklin County is promoting this program and offering incentives.

**REGISTER BY AUGUST 29, 2024!**

Info at [healthyfranklincounty.org/moveformentalhealth](https://healthyfranklincounty.org/moveformentalhealth)





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# MOVE FOR MENTAL HEALTH

Support employee **mental health** in the workplace by promoting physical activity and community resources.

## IN THE WORKPLACE

Employees spend one third of their lives at work. Core job functions, coworker relationships and workplace policies can be designed to support employee engagement, retention and mental health. Here are a few stats:

- 78% of workers agree that workplace stress affected their mental health.
- 4 in 5 workers report that workplace stress affects their relationships with friends, family and coworkers.
- 60% of workers have never spoken to anyone at work about their mental health status.

## PROMOTE PHYSICAL ACTIVITY

Physical activity has an immediate affect on the brain, reducing stress and anxiety while improving focus and mood and has been shown to reduce the severity of depression and other mental illness. Here are few ways to get started:

- Find out how your employees are feeling. Conduct a [mental health survey](#).

- Make it easy for employees to add physical activity to their daily lives at work by offering on-site wellness programs and facilities.
- Encourage movement at work by changing meeting schedules and guidelines that incorporate movement.
- Encourage participation in community walk/run events.

## COMMUNITY RESOURCES

There are a variety of FREE community resources, programs and tools in the community that employees can access to support their health and well-being.

Learn more at [healthyfranklincounty.org/moveformentalhealth](https://healthyfranklincounty.org/moveformentalhealth).





# MOVE FOR MENTAL HEALTH

Improve your **mental health** quickly by increasing physical activity and accessing community resources.

## INCREASE PHYSICAL ACTIVITY

Regular physical activity is one of the most important things you can do for your mental health. Being active benefits your mind and body. Here are a few ways to get started:

- Adults need 150 minutes of moderate physical activity a week. Try 22 minutes of physical activity every day or 30 minutes 5 days a week. Climb stairs, walk briskly, do yard work, garden, hike, jog, bike at a casual pace, etc.
- Participate in a community walk/run event, such as Everybody Walks Across Pennsylvania.
- Explore local parks, trails and walking routes.
- Increase movement at work. Walk during breaks, take advantage of on-site wellness programs and have walking meetings.
- Make a plan to incorporate more self-care activities into your day.
- Try out free health and wellness programs, like Winter STREAK and GO (Get Outdoors) Franklin.

## UTILIZE COMMUNITY RESOURCES

There are a variety of FREE community resources, programs and tools you can access to support your health and well-being. With the current mental health provider shortage and long waiting lists, you can take steps now to feel better.

Learn more at [healthyfranklincounty.org/moveformentalhealth](https://healthyfranklincounty.org/moveformentalhealth).

