



# 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).

