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Wellness in Motion: Why Movement Matters

CalVEBA Wellness Team · 4 min read

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Hippocrates

"If we could give every individual the right amount of nourishment and exercise, not too little and not too much, we would have found the safest way to health."

Active Body, Healthy Life!

Physical activity is a key component of health and well-being. Incorporating movement into your day can positively impact your life in many ways, including:

Better Quality of Sleep
Improved Cardiovascular Health
Stronger Bones and Muscles
Easier Weight Management
Better Mood and Mental Health
Lower Risk of Diabetes and Certain Cancers

Individuals who engage in regular physical activity report higher levels of happiness and life satisfaction compared to those who are inactive, with a notable 30% increase in their overall sense of well-being.* Increased activity and movement was significantly related to life satisfaction and happiness in young, middle-aged, and older adults.

Tips for getting started

Start Slow

You don't have to spend hours in the gym to reap the benefits of incorporating movement into your daily routine. As the saying goes, *"One must walk before you can run."* Take five minutes this week to get in a stretch, go for a quick walk, or lift some light weights. Next week, make it ten. In no time at all, you will have created a new healthy habit!

Incorporate More Movement Wherever You Are

Did you know that we sit up to 15 hours a day? Fit in movement by making sure you stand up and move at least once an hour. Take the stairs, try a standing desk, park farther away, and add in exercise during commercial breaks while you're watching TV.

Find Activities You Enjoy

Is there something you've always wanted to try? Now is the time! Is dancing your thing? Do you like to hike or swim? What about yoga? Be open to exploring different options.

Create a Routine

Make movement a habit, just like brushing your teeth. Schedule what you plan to do and when. Having SMART Goals (goals that are *Specific, Measurable, Achievable, Relevant, and Time-Bound*) increases the likelihood of your success by more than 90%. Checking in on your progress over time can be very motivating.

Seek Support

Do you prefer to work out solo or love a group? Either way, you don't have to go it alone. Check in with an accountability partner or use a smart watch that tracks daily movement (steps, exercise minutes, etc.) to help you maintain momentum.

Additional Resources to Get You Moving

Movement & Flexibility Blog Posts

Check out our blog to learn about stretching, strength training, and more.

Blog Posts

Video Library

From beginner to advanced, we have the latest workouts you can do from the comfort of home (including yoga, full body, and hip-hop cardio).

Videos

Eight Dimensions – Physical Activity

Get an in-depth look at how movement not only helps your physical health but your mental health as well.

Physical Activities

Class Calendar

Stay active with free classes available virtually and in person.

Available Classes

Whole Health Coaching

Need a little extra help and guidance? This program begins with a consultation by a VEBA Care Navigator, a holistic Registered Nurse who reviews your health history and ensures your success by guiding you to the benefits and services that fit your needs.

The Whole Health Coaching program can help you address a wide range of health and wellness areas, from stress management and healthy eating to managing chronic conditions and work/life balance, throughout the program and beyond. Through six virtual or in-person sessions, you'll explore the *Eight Dimensions of Wellness* (which includes physical activity) and develop a tailored plan for improved well-being.

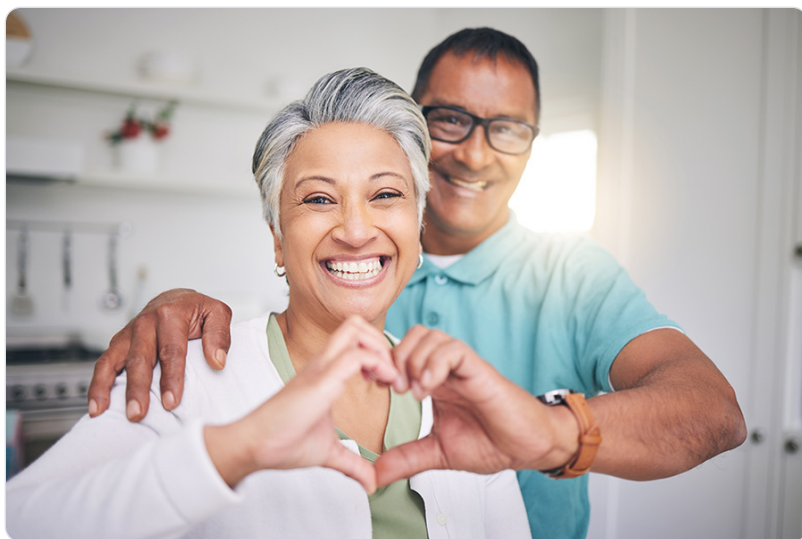
More Info

Whether you are just starting your journey or looking for ideas to stay motivated to move more, we are here to support you every step of the way!

**Source: Zhang, Z., Chen, W., & Chen, L. (2019). The relationship between physical activity and happiness: Journal of Happiness longitudinal [study](#).*

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