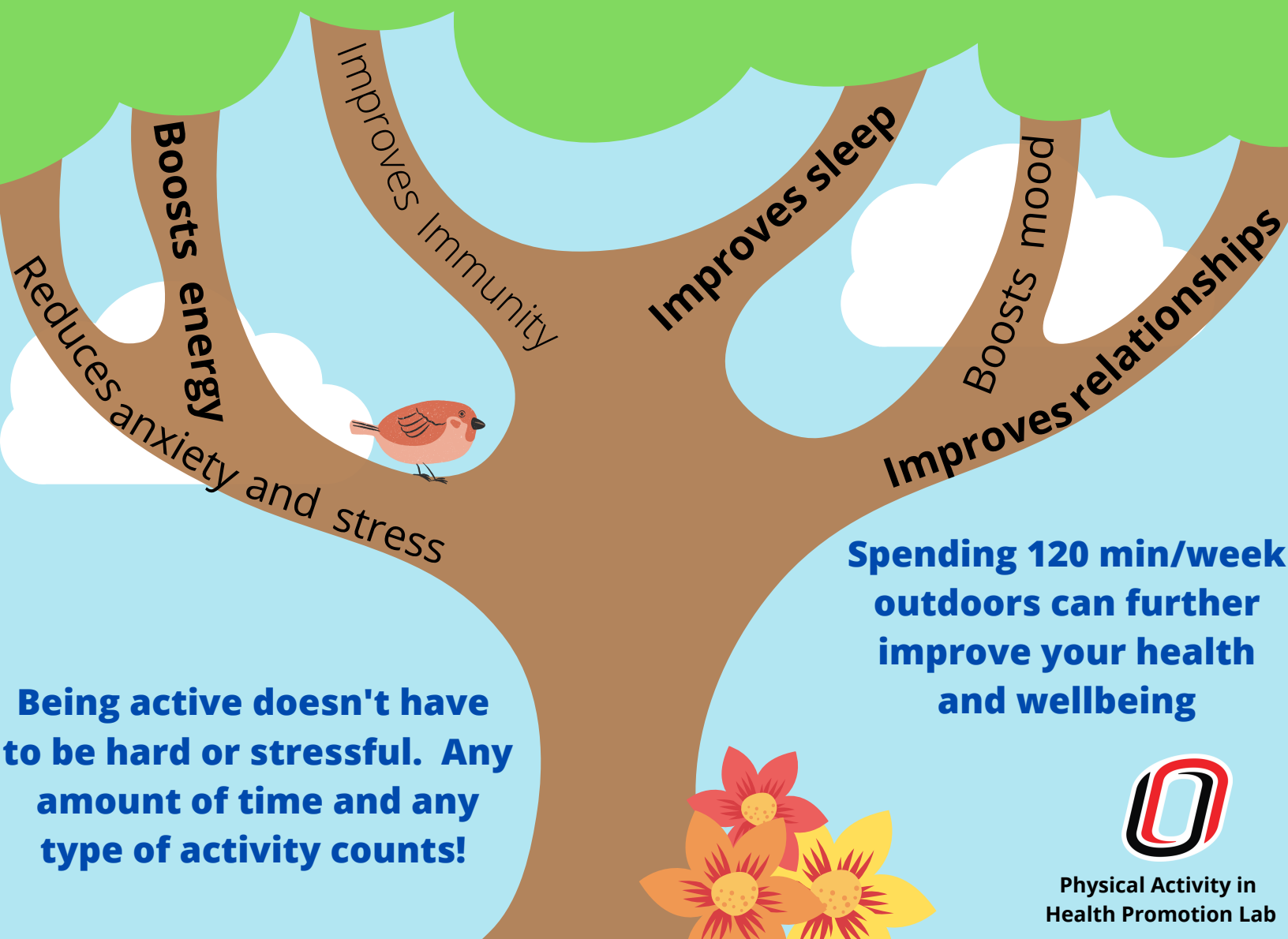


move for your mental health.



Boosts energy

Improves Immunity

Improves sleep

Boosts mood

Improves relationships

Reduces anxiety and stress

Being active doesn't have to be hard or stressful. Any amount of time and any type of activity counts!

Spending 120 min/week outdoors can further improve your health and wellbeing



Physical Activity in
Health Promotion Lab