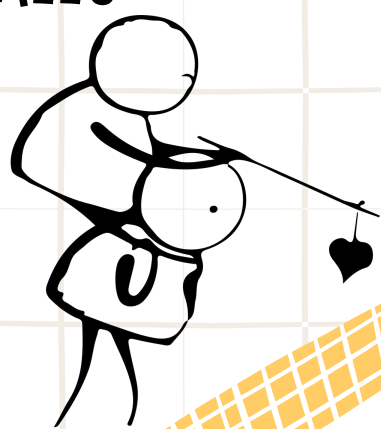


TIPS

TO GET ACTIVE FOR HEART HEALTH

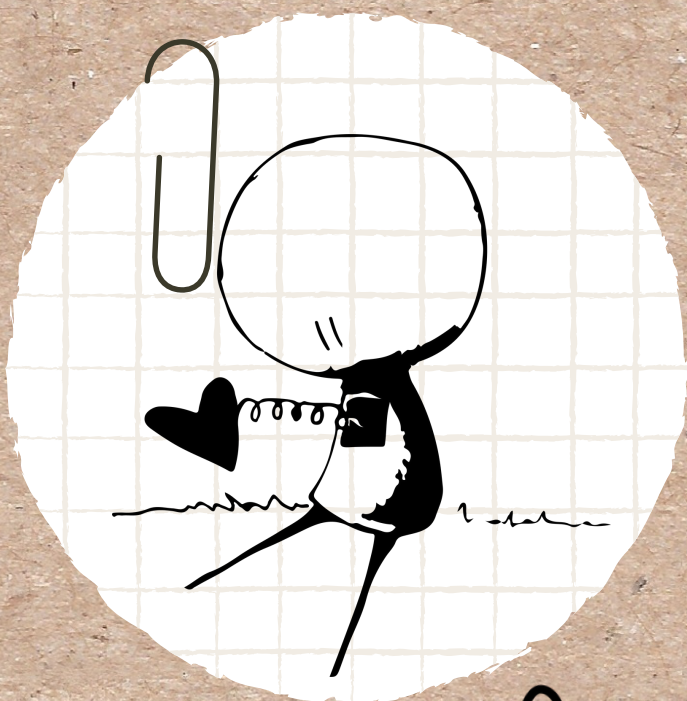
SHOW YOUR HEART SOME LOVE WITH PHYSICAL ACTIVITY, WHICH CAN POTENTIALLY:

- LOWER BLOOD PRESSURE
- DECREASE STRESS
- REDUCE INFLAMMATION
- MANAGE CHOLESTEROL



FREE RESOURCES FOR FITNESS:

- Go for a walk or hike in one of Rochester's beautiful parks
- One of ROcovery Fitness' group classes or open gym
- Rochester Running Company group runs have pacers and fun routes
- Explore your employer's wellness incentives and benefits



“ Self-love is the foundation of good mental health. ”

TIPS TO GETTING MOVING

- 5 minutes are better than no minutes
- Create the habit by setting aside time, even if you skip the plan to move
- Choose fitness that you find FUN
- Set a timer to stretch or move every hour, even at your desk
- Find a friend to join you :)

Friends that

MOVE & SWEAT

together

stay

TOGETHER <3



GROUP OPTIONS:

- RATs - Rochester Area Triathletes
- Find a gym with group classes
- RAMS - Rochester Area Masters Swimming.
- Join a recreational sport league.

