

Physical & Emotional Wellness



Physical Activity Resources

MOVE Program

Exercise, mindfulness routines and lifestyle wellness consultation to help you set goals and overcome barriers.

www.wellness360fitness.com

585-730-3968

Move Your Way

Reviews the guidelines and benefits of physical activity along with tips to getting motivated. Activity planner included to record your weekly progress.

<https://health.gov/moveyourway>

Searchable videos

- Sit and Be Fit - seated exercises
- Richard Simmons
- Leslie Sansone- walking physical activity
- Chair Aerobics for Everyone
- Debby Macks Plus Size Workouts
- Beach Body on demand online (free trial, then subscription available)

Mindfulness Resources

www.calm.com

www.headspace.com

www.thecenterformindfuleating.org

www.amihungry.com



Books to read:

- *50 Ways to Soothe Yourself Without Food*: Susan Albers
- *Eating Mindfully: How to End Mindless Eating and Enjoy a Balanced Relationship with Food*: Susan Albers
- *Mindless Eating: Why We Eat More than We Think*: Brian Wansink
- *The Mindful Diet*: Ruth Wolever and Beth Reardon