

Barton Lab

Contact: Bartonlabvu@gmail.com



Self-Care Week

Walk It Out Wednesday

The benefits of moving your
body and ways to do it



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Benefits of Movement

GOAL OF MOVEMENT: IMPROVE QUALITY OF LIFE

Consistent movement has been shown to:

- Lower risk for heart complications
- Lower blood pressure
- Lower risk of medical conditions such as diabetes and osteoporosis
- Relieve pain

- Increase energy
- Improve strength of muscles, bones, and joints
- Improve mood
- Improve sleep quality
- Increase endorphin levels



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How to Move

Moving your body will look different for everyone. Move in ways that make you feel good to celebrate your body

Walking

Swimming

Tai Chi

Martial arts

Running

Riding a bike

Boxing

Yoga

Hiking

Stretching

Dancing

Skating

Jump rope

Sports

and more!



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The Importance of Self-Care

The Barton Lab emphasizes the importance of self-care. Our lab is committed to engaging in self-care because of its impact on our individual and collective well-being. We also know that self-care looks different for every individual. Your self-care needs might change depending on what else is happening in your life. We encourage you to find the ways to take care of yourself that work for you.

Please share with us the ways you engage in self-care!

Resources

Search YouTube, Google, or the app store for free movement videos of all kinds to help you get moving from anywhere.

<https://www.betterhealth.vic.gov.au/health/healthyliving/physical-activity-its-important>