

# Exercise and Physical Activity

## *Why exercise and be physically active in general?*

Along with healthy eating, exercise or some type of physical activity is a building block for not only your physical health but also your mental health and emotional functioning. Exercising or being physically active in different ways can help you cope with stress healthily!

## *Please see a few handouts on the next few pages.*

They are geared toward teaching you how to bring even small amounts of exercise into your life daily, and why that is an important thing to do.

Also, here are some additional resources to help you learn more about exercise and how to bring even a little bit of physical activity into your home.

## Resources to read, watch, and share with others:

*Take a walk to stimulate  
creativity in your life:*



<https://www.youtube.com/watch?v=i4LSwZ05laQ>

*10-min mindfulness  
meditation*



<https://www.youtube.com/watch?v=tOE17a0GfPM&t=386s>

*Motivational videos:*



[https://youtu.be/\\_OOXFvOvEMA](https://youtu.be/_OOXFvOvEMA)



<https://youtu.be/CGPvAhbpaqk>



<https://youtu.be/bNzTCIVFvo0>

*Low impact/beginner  
workout videos (20-30 mins):*

*(no equipment needed)*



<https://youtu.be/H2U3HwAvBXq>

*(lower body, no jumping)*



<https://youtu.be/5644rwBu9qQ>

*More low impact videos:*

*(at home, out of shape, elderly tailored, chair workout)*



<https://youtu.be/HJBvH8S9Tfw>



[https://youtu.be/qC\\_L9qAHVJ8](https://youtu.be/qC_L9qAHVJ8)



<https://youtu.be/UltWltVZZmE>

*Moderate intensity workout videos:*



<https://youtu.be/42FB2WwAIUg>



[https://youtu.be/U0WPlga\\_nY8](https://youtu.be/U0WPlga_nY8)

*Try these before and after exercising:*

*Foam rolling*



<https://www.youtube.com/watch?v=DzSU2FiFKTM>

*Stretching*



[https://youtu.be/q\\_tea8Znk5A](https://youtu.be/q_tea8Znk5A)



<https://youtu.be/ituVsoEScfk>



<https://youtu.be/s-7lyvblFNI>

These are just some options for exercise. YouTube has many, many more for free. For additional questions or help from our Center staff with finding sources, or if you would like this emailed to you, please feel free to contact:

Dr. Cheryl Somers, Professor  
[c.somers@wayne.edu](mailto:c.somers@wayne.edu)  
Center for Health and Community Impact  
Wayne State University