

May Wellness Tip: Let's get Moving!

May is the month that we focus on **movement**. As winter begins to fade away and spring is in the air, there are countless reasons to get outside and move - here are just a few!

Boost Your Mood, Muscles, & Mind

Did you know that when we get moving, our bodies release chemicals called endorphins? They're like little mood boosters that make us feel happy and calm. Better yet, moving isn't just good for our mood and muscles; it's also super for our brains! When we exercise, our brains get all fired up, making us sharper and smarter. So, whether your children are jumping rope, playing tag, or kicking a soccer ball, their brains are getting a fantastic workout too.

Build Meaningful Connection

Moving is even more fun when we do it with friends! So, why not invite your friends for a bike ride, a game of tag, or a picnic in the park? Not only will your family and friends get a chance to move, but you'll also build stronger friendships and create memories together.

Spending Time With God

As believers, we know that our bodies are gifts from God, and it's essential to take care of them. So, let's glorify God by moving our bodies and staying healthy and strong. Whether it's a walk in the sunshine or a game of catch with friends, every step we take is a celebration of God's goodness!

"For physical training is of some value, but godliness has value for all things, holding promise for both the present life and the life to come"

1 Timothy 4:8

Ready For A Challenge?

SPELL YOUR WORKOUT!

USE YOUR NAME OR WHATEVER WORD YOU CHOOSE
FOR EACH LETTER DO THE WORKOUT LISTED BELOW

- | | |
|------------------------|--------------------------|
| A – 5 BURPEES | N – 10 LATERAL JUMPS |
| B – 10 TRICEP DIPS | O – 15 AIR JACKS |
| C – 15 PUSH-UPS | P – 20 REVERSE LUNGES |
| D – 20 SQUATS | Q – 5 180 DEGREE JUMPS |
| E – 5 JUMP LUNGES | R – 10 PRISONER SQUATS |
| F – 10 SUPERMANS | S – 15 STANDING CRUNCHES |
| G – 15 SQUAT JUMPS | T – 20 PLANK JACKS |
| H – 20 JUMPING JACKS | U – 5 DONKEY KICKBACKS |
| I – 5 SQUATS W/ PULSE | V – 10 SQUAT BURPEES |
| J – 10 TRICEP PUSH-UPS | W – 15 CURTSY LUNGES |
| K – 15 LONG JUMPS | X – 20 SKATERS |
| L – 20 CRUNCHES | Y – 5 MOVING PLANKS |
| M – 5 TUCK JUMPS | Z – 10 STEP-UPS |

He  She **EAT CLEAN**