STAY STRONG: Physical Well-Being
HOW TO PARTICIPATE IN WELL-BEING WEEK TODAY?

LISTEN TO THIS: The Joy of Movement, podcast interview of Dr. Kelly McGonigal about the latest research on why movement is so important for many facets of our wellbeing, 41 mins.

READ THIS: Reframe How You Think About Self-Care by Liane Davey. You might want to reconsider whether squeezing more into today is worth sacrificing what you can contribute tomorrow.

DO THIS: Get Moving Challenge. Peruse the Get Moving Activity Guide and pick a physical activity that you haven’t tried before and try it out this week. Inspire others by posting about it on social media using the hashtag #WellbeingWeekInLaw.

“Exercise is the key not only to physical health but to peace of mind.” - Nelson Mandela