



Move

For Mental Health

Move Your Body. Support Your Mind.

Movement is a powerful mood booster—it reduces stress, improves sleep, and helps you feel more focused, energized, and connected.

MOVE MORE. FEEL BETTER.

Start small. Stay consistent.

Aim for 150 minutes a week—that's just 20–30 minutes a day.

Easy ways to get moving:

- Walk, bike, garden, or take the stairs
- Explore local parks, trails, and walking routes
- Join a community event like a walk or run
- Move more at work—walk on breaks or try walking meetings

Make it part of your routine:

- Schedule time for movement and self-care
- Try free wellness programs

Learn more & check out free, local resources @ healthyfranklincounty.org or scan the code

