



# GROWING WELLNESS

## Step into Wellness

Walking is one of the most accessible forms of exercise. Its benefits extend beyond physical health, as it can also boost your mood and help with mental clarity. Whether new to fitness or just looking to increase your daily movement, walking offers an easy and effective way to improve your well-being.

Make it a goal to get more steps in this April and see the health benefits for yourself! Talk to your doctor and discuss what works best for you to learn more about creating an active routine.



## Live Well, Work Well

The April edition of Live Well, Work Well is here to help you allergy proof your Spring, step into wellness, and identify chronic stress! Use these tips to reduce your exposure to seasonal allergens and add creative ways to get your steps.

## National Monthly Awareness

April is National Stress Awareness Month. While we all experience stress, there are many ways we can battle its effects. This month, practice meditation, incorporate exercise, share your struggles with a therapist, or reach out to your social circle for support.