# Get physical

Your body – and mind – will thank you.

The next time you’re feeling stressed, try some physical activity. When you’re active, your energy increases and your stress decreases. It can also improve your mood and productivity.

Get moving for 20 minutes a day to help build your resilience. Not a fan of traditional exercise? Try one of these alternatives:

* Go dancing with friends
* Take the dog for a walk
* Use the stairs instead of the elevator
* Go on a bike ride with the family
* Park in the last row

Learn more about how you can add physical activity to your life.Go to **healthpartners.com/livingwell** and choose *Get moving*.