

# THE HAPPY & HEALTHY

## 4 WEEK CHALLENGE: WEEK 3



### CHALLENGE:

**Get outside and move every day this week!**

Even a 10 minute walk around your office building during your lunch break will do!

### BENEFITS:

- ♥ **De-stress** - nature helps us de-stress by lowering the stress hormone, cortisol. When we are away from major stressors and enjoy the sights, smells and fresh air of the outdoors, our stress levels drop!
- ♥ **It's accessible** - cardio, weight training and nutrition all contribute to weight loss but sometimes we just don't have time to do it all! However, getting outside is FREE and easy! A 10 minute walk every day (morning, lunch or after dinner) is a great way to maintain your weight and keep your heart healthy.
- ♥ **Self-esteem** - exercise releases endorphins which are essentially the "feel good" hormones. Similarly, reconnecting with nature and the outdoors can boost your self-esteem much like exercise can. Add the two together and you've got a winning combination of "feel-goodness"!

### EXTRA CHALLENGE:

**If the weather plays along, try to do an activity outside this weekend - i.e.** Swim, run, walk, hike, play tennis or any other outdoor activity that you enjoy.

### HEALTHY TIP:

**Book a massage, facial, manicure or pedicure for yourself!** - It is important to treat yourself on a regular basis. Acknowledge your worth, your hard work and your beauty. You are allowed to look and feel good!

