



## Recommended Resources for Video: Making Exercise Unavoidable

Overview: Exercise is essential to both body and mind. By making exercise unavoidable, no excuses are needed! Studies show stress levels are reduced by exercise, it stabilizes mood, and releases endorphins, the “feel good” hormones. Sneak exercise into your daily routine; your mind and body will thank you. Every step counts toward a healthy body and mind.

Resources <http://www.aarp.org/home-family/caregiving/info-2014/caregiving-find-time-for-exercise.html>

<http://www.adaa.org/understanding-anxiety/related-illnesses/other-related-conditions/stress/physical-activity-reduces-st>

<http://www.helpguide.org/articles/exercise-fitness/emotional-benefits-of-exercise.htm>

<http://www.mayoclinic.org/healthy-lifestyle/fitness/in-depth/exercise/art-20048389>

<http://www.cdc.gov/physicalactivity/basics/pa-health/>

Videos: <http://abcnews.go.com/GMA/video/some-exercise-better-none-benefits-study-14314398>

<https://www.youtube.com/watch?v=UBp1glihuk8>

<https://www.youtube.com/watch?v=5F4Z9DybR3g>

<https://www.youtube.com/watch?v=Hc5el8d2yis>

<https://www.youtube.com/watch?v=XPYQ01Pyz1Q>

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