

Life moves pretty fast. If you don't stop and look around once in a while, you could miss it.

~Ferris Bueller

Suffice it to say, life has slowed down.

We hope you have found some good in your slow down.

Look around and notice what you see. Get outside and get some fresh air. Maybe go for a walk or a hike. Everyone keeps talking about exercise. Is it really that good for us???

The [CDC](#) gives us many good reasons to add exercise to our routines. Among them are:

- Increases brain health (improved thinking and memory)
- Reduces anxiety and depression
- Helps you sleep better
- Reduces health risks for some diseases
- Strengthens muscles and bones

When you find yourself restless or feeling down, GET ACTIVE!
Your body and mind will enjoy it!

Stretching: When you're sitting a lot, it is good to take a minute or longer to stretch.

- Gentle stretching helps wake you wake up and not feel so sluggish
- It increases your blood-flow
- It helps prevent back pain
- It helps decrease tension headaches
- It helps relieve stress when you focus stretching your neck, shoulders and back

Outside (for these beautiful spring days):

- Walk around your neighborhood
- Walk the neighborhood trails: Cahaba River Walk, Jemison, and Irondale Furnace
- Hike some local trails: [Oak Mountain](#), [Red Mountain](#), [Moss Rock Preserve](#), or others
- Venture out with your family to some other trails: [Noccalula Falls](#) (Gadsden), [Palisades Park](#) (Oneonta), or [Mt. Cheaha](#) (Talladega)

Other Activities (there are several free online options that are available):

- [YMCA 360](#): free fitness classes from Bootcamp to Yoga
- [Special Olympics, School of Strength](#): Keep training for the Special Olympics
- YouTube Workouts, like [lululemon](#) and some crazy workouts for Avengers and Fortnite!
- Just Dance: YES! Dance it out on your own Playstation, Xbox, or Wii!
- Train for a virtual race, like the [Alabama Symphony Tchaik 5K](#)!

**As always, remember to be responsible and abide by social distancing.
Stay safe! We miss you!**

Mrs. Lancaster, Mrs. Lee & Mrs. Lyerly - MBJH Counselors