Good morning/afternoon,

July is ***Physical Activity Awareness*** Month! Being physically active is one of the easiest ways to improve our mental and physical health.

When we say *physical activity*, many people conjure up an image of a fitness center setting mixed with sweat and discomfort. If this is how you think of physical activity, I hope you will take a moment to consider all the ways that you may enjoy moving. High intensity activity at the gym is *one* way of getting daily movement, but keep in mind there are countless ways we can engage in physical activity including walking, dancing, gardening, swimming, riding a bicycle, etc. that should not be underestimated. Getting your daily dose of physical movement, whatever type you enjoy, can help improve your productivity and health, and manage your reactions to stress.

Below I have listed five physical activity resources that you may be unaware of:

* ERS has several webinars this month focusing on the benefits of physical activity, including a special Q&A session with Dr. Tim Church, one of the country’s leading experts in exercise and obesity research. Learn more and register for events through [the ERS Wellness Events Calendar](https://ers.texas.gov/Event-Calendars/Wellness-Events).
* HealthSelect plan participants have access to a Fitness Program and throughout the month of July you can waive the enrollment fee with the code SUMMERFIT. See what is available to you in your community and learn more through the [Fitness Program Info Link](https://healthselect.bcbstx.com/content/health-and-wellness-incentives/fitness-program).
* Learn about the benefits of walking *while you are walking* through a new ERS podcast with Dr. Church! Search “ERS Walk and Talk” through major podcast streaming platforms or listen directly through the [ERS Walk & Talk Webpage](https://erswalkandtalk.buzzsprout.com/).
* If you are bored with your current routine or are searching for a fitness plan, check out the daily workouts posted at the [Texas DPS Fitness Calendar](https://www.dps.texas.gov/section/training-operations-tod/daily-workouts). Here you will find leader-led video workouts and written workout protocols that clearly guide you through your daily movements.
* Complete a daily stretch or movement break or watch a webinar on a wellness related topic through the [ERS Wellness Channel](https://www.gotostage.com/channel/ers-wellness).

Add info regarding your agency or higher institution’s policies or incentives here.

I hope you can check out some of these resources this month and will share them with your family members and colleagues.

Please let me know if you have questions or concerns regarding any of these resources.

Sincerely,  
  
Your Wellness Coordinator