

Mansfield Monthly



GETTING ACTIVE IN MAY

May is National Physical Fitness and Sports Month. Physical fitness is a small but very important piece of our overall health & wellness. Right now, physical activity is a challenge for many people with all of the restrictions in place but is something that can help us keep up with our mental and physical health during these difficult times.

If you're looking for more information, ideas and ways to keep up with your physical fitness, take a look at classes and resources being offered virtually by the Community Center [HERE](#) and check out the latest updates and other health & wellness offers available [HERE!](#)

It can be difficult if you don't have others around to play, workout or do anything physically active with. Take advantage of technology and the virtual offerings/communities available to us!

There are a lot of well-known physical benefits of exercise such as: improving heart health, maintaining/building muscle, improving bone strength, moving pain-free & reducing injuries, etc.). Exercise is also one of the most powerful tools we can use to relieve stress and improve our mental wellness too which might be more important than ever right now.

Physical Activity helps to release hormones and endorphins that make us feel good as well as boosting self-confidence and a sense of accomplishment after exercising, challenging yourself and knowing it's improving your health.

Although traditional weightlifting and cardio exercise is highly effective to achieve such mental and physical benefits, there are many different ways you can mix in other activities and still get these benefits. Here is a link you can check out for [more about exercising for stress relief and other ideas](#)

Some Other Ideas to Get More Movement In:

- While working, set a timer to get up every 15-30 min and move.
- Go for a 10 min. walk after any meals to help with digestion and keep energy levels/focus up.
- Take 2-3 10 min breaks during the day to chip away at any house/yard work.
- Find a friend or family member to set a goal together to be more consistent and accountable.
- If you're on a personal or work call, take it outside while walking if it's ok to do so.

Next week (May 10th-16th) is also National Women's Health Week. Do something with your mother, wife, sister or anyone else in your household this week!

Try something interactive but socially distant with a female friend/family member outside of your household too!

We hope everyone has a happy and healthy Mother's Day this weekend!

TOWN EVENTS THIS MONTH

<https://ct-mansfield.civicplus.com/calendar.aspx?CID=31>

(Calendar of Specific Dates & Times ^^)

Stay informed of any remote offerings and cancellations through the Town's event page.

1 ON 1 SUPPORT CALLS

If you have a particular goal you're working towards or are looking for a little extra support or ideas to improve your health & wellness during these times, send an email to cummingsb@mansfieldct.org.

If you're looking to get started on a goal at home (nutrition, stress relief, exercise, etc.) let us know and we'd be happy to schedule some time to put together a strategy for you.



BE WELL NEWS

Please click [HERE](#) for the May Wellness quiz that will count towards the end of year Rewards!

Thank you for your participation in the quizzes and activities during these challenging weeks. If you have an idea of something that would benefit you or anyone in your workplace in particular, let us know and we'll see what we can do to help!



Quick Facts

- Our hearts beat approximately 100,000 times per day on average.
- There are ~ 650 different muscles in the human body
- Tendons are the soft tissues that connect your muscles to bones.
- Ligaments are the soft tissues that connect your bones together.

Other resources for you and your family's well-being and latest updates:

[Centers for Disease Control and Prevention](#)

[American Heart Association](#)

[CT.gov](#)

cummingsb@mansfieldct.org with any questions or ideas to keep up with your health/wellness right now!

Be Well is an employee wellness program provided through your employer designed to provide you with individualized tips and tools to help you with personal health & wellness goals!

Be Well
Wellness

