

MOVING & GROOVING

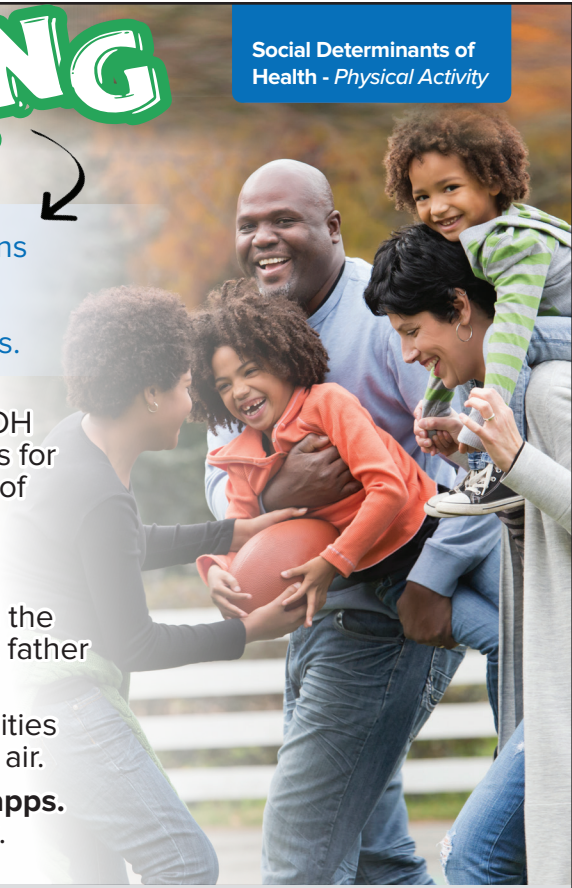
Social Determinants of Health - Physical Activity

Social Determinants of Health (SDOH) are the conditions in the environments where people are born, live, learn, work, play, worship, and age that affect a wide range of health, functioning, and quality-of-life outcomes and risks.

Bellin Health connects their health care practices to the SDOH so we can provide better personalized health care outcomes for our patients and for our community. **Physical activity** is one of the social determinants of health.

Here are some ideas to get more physical activity.

- **Start by moving your body any way you can.** Dance in the kitchen, jump around your home with your kids, or park farther away from work and school for some extra steps.
- **Visit a local park or trail to move more.** Many communities have lots of options, so get outside and enjoy the fresh air.
- **Find free workout videos on YouTube and other free apps.** Start with 5–10 minutes a day and increase every week.



COMMUNITY RESOURCES

Being more active affects many areas of health and wellbeing. Bellin Health is committed to provide you with resources to help get you started today.

JOIN our new monthly **Group Coaching** sessions designed to expand on health and wellbeing content and how to personalize it in your life – contact wellnessconsultant@bellin.org.

CONTACT your provider or the Bellin Health Lifestyle Medicine Team at LifestyleMedicineTeam@bellin.org to be connected with community resources, support, and next steps.



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Real-life solutions for common health and wellbeing challenges.

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REGISTER to receive more resources and special event invitations, go to bellin.org/lifesaver and click on the "Register" link.

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Lifesaver Wellbeing Series