

APRIL

Physical Wellness Month

April is the perfect time to focus on your health, recharge your body, and embrace a lifestyle of well-being! Whether you are new to fitness or a seasoned pro, there is something for everyone to help you stay active and healthy.

Benefits of Physical Wellness

Stronger Muscles & Bones

Regular exercise strengthens muscles and bones, improving movement, posture, and joint alignment. Weight-bearing exercises can help prevent osteoporosis and fractures, keeping you active and mobile.

Improved Cardiovascular Health

Exercise assists with boosting the strength of your heart, making it more efficient and reducing the risk of heart disease. Further, exercise helps to improve your cholesterol levels and lower overall blood pressure.

Enhanced Breathing

Regular activity increases lung function and oxygen delivery throughout your body, improving your stamina and mental clarity.

Boosted Immune System

Exercise enhances the circulation of immune cells, helping your body fight off viruses and bacteria, while supporting overall health and recovery.

Set Your Goals

Follow these tips to create and achieve physical goals:

- Think about activities you enjoy or have done well before
- Consider the equipment you have or can access
- Set goals based on your current fitness level
 - Be creative: If you don't have weights, use water bottles or cans of soup!
- Write down your goals and the date. Make goals clear, measurable, and attainable
- Focus on short-term goals—what you can achieve by the end of the month
- Regularly review and adjust your goals as needed

REMINDER!

Southern Land employees have access to **HUSK Marketplace!** HUSK Marketplace offers exclusive discounts on gym memberships, nutrition services*, wellness products, and so much more. Enjoy guaranteed low rates, flexible memberships, and access to both in-person and virtual wellness options.

- **Gyms & Fitness Centers:** Get exclusive savings and flexible memberships to top-rated gyms and studios nationwide.
- **Home Equipment & Tech:** Access exclusive deals on fitness equipment and wearable tech to support your wellness journey.
- **On-Demand Fitness:** Stream expert-led workouts anytime, anywhere with HUSK's on-demand fitness options.

To get started, visit [HUSK Marketplace](#), call **800.294.1500**, or email customerservices@huskwellness.com.

*Subject to medical insurance

Sources:

- [Fitness basics](#)
- [Physical health](#)



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