



Improving Mind-Body Wellness Through Mindful Movement

A strong mind-body connection is an important part of wellness. Mindful movement activities can help build a strong mind-body connection. Try to incorporate these mindful movement activities in your daily routine.



Movement and Breath Exercises

Connecting your breath to physical movements can improve your mind-body connection. Try this simple exercise: inhale as you reach arms over your head, exhale as you bring them down. Yoga, Tai Chi or Gi Gong are disciplines that incorporate movement and breath exercises.



Mindful Walks

Mindful walking simply means walking while being aware of every step and breath. On a mindful walk, pay attention to your movement and breath and take in the sights and sounds.



Mindful Stretching

Mindful stretching can affect your mind as well as body, serving as an excellent relaxation method and stress reducer. During mindful stretching, pay attention to your body during each stretch and connect your breath to each movement.

These are a few examples of mindful movement activities. Explore mindful movement activities that interest you. Any activity that involves both mental and physical discipline can improve your wellbeing and health.



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workwell@olr.nyc.gov



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