



# PHYSICAL



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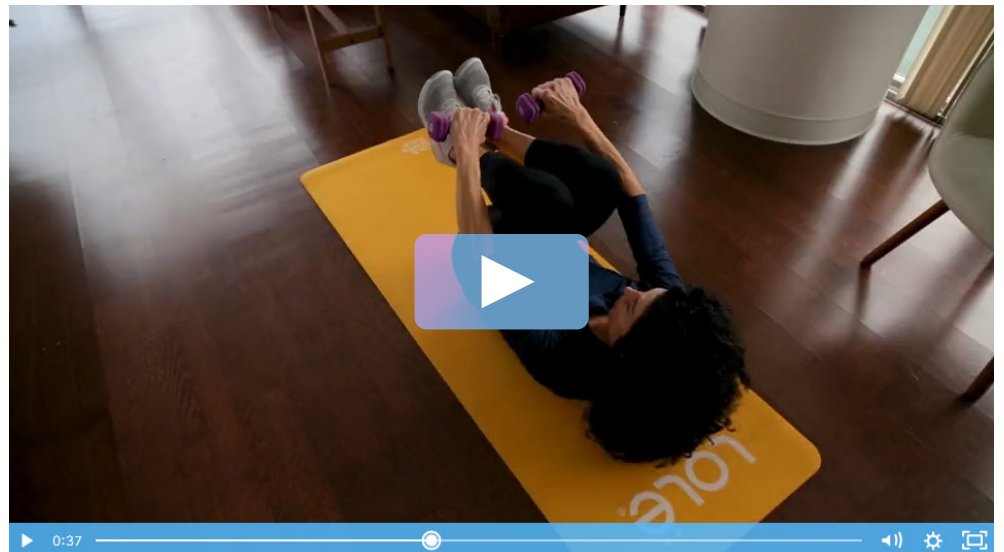
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## Physical

Physical fitness has a wide range of health benefits beyond supporting a strong immune system. Learn how to strengthen your body with regular physical activity.

### Definition:

*The practice of making physical activity part of your daily life.*



## Key Takeaways

- Physical activity can help reduce anxiety, relieve muscle tension, and improve the quality of your sleep.
- Regular physical activity makes you more resilient.



## Key Habits

- Start small and work your way up to longer bouts of activity.
- Accumulate at least 150 minutes of physical activity each week.
- Change up your exercise routines periodically to avoid boredom.