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Self-Care | Made Simple – Move More

Self-care does not have to be complicated, but it should include actions that promote your physical, mental, and emotional health. “Self-Care | Made Simple” offers practical tips - easy, actionable steps you can take to enhance your wellbeing. This month’s focus is to **“Move More”** with this tip: **Rest supports movement by helping your body recover, recharge, and stay active over time.**

Moving more plays an important role in supporting physical wellbeing, energy, and overall health. But movement is most effective when it’s balanced with rest. Rest allows muscles, joints, and the nervous system to recover—making it easier to stay consistent with movement and avoid burnout or injury.

Busy schedules, long workdays, and daily demands can make it tempting to push through fatigue. Over time, insufficient rest can make movement feel harder, reduce motivation, and increase soreness. Rest doesn’t mean stopping movement altogether—it means giving your body the recovery it needs so you can continue moving more in a way that feels sustainable.

Simple Ways to Do this

- **Don’t skip rest days:** Recovery time helps your body stay strong so you can keep moving consistently.
- **Listen to your body:** Fatigue or soreness may signal a need for rest, not more intensity.
- **Prioritize quality sleep:** Sleep supports recovery, energy levels, and daily movement.
- **Choose restorative movement:** Light walking, stretching, or mobility work can support recovery while keeping you active.
- **Let go of “all or nothing” thinking:** Rest supports movement—it doesn’t replace it.

Moving more doesn’t require pushing through exhaustion. By pairing movement with intentional rest, you support your body’s ability to stay active, energized, and resilient over time.