

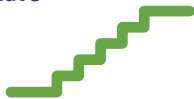
reduce stress



Life will always have stress, but too much can increase health problems and worsen the effects of chemicals.

Physical activity, meditation and a strong support network are good ways to reduce stress. Even small amounts of exercise help us relieve stress, improve our mood, strengthen our bodies, and reduce the risk of heart disease and diabetes.

- 1** Adults should aim for at least 30 minutes of physical activity a day. Children should have one hour of active play each day.



- 2** Build activity into your day! Take the stairs instead of an elevator and walk to do your errands instead of riding a train or bus.

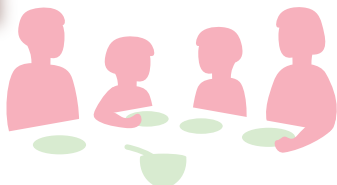


3 Develop a regular exercise program and ask a friend or family member to join you!



4 Get the whole family moving! Enroll your kids in sports and dance programs at their schools and/or NYC Parks. Try yoga and meditation, which are great ways to reduce stress. To find free programs and classes, call 311 or go to www.nycgovparks.org/befitnyc

5 Connect with your loved ones. Eat a meal as a family at least 3 times a week. Families who do this are happier and healthier.



6 If you are overwhelmed, can't sleep or cope with your stress, speak with your doctor.

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