



**Member training:**

## **Move to Improve Mental Health**



### **January featured training**

**Move to Improve Mental Health.** Mental health and physical health are closely connected. Research suggests that increased physical activity of any kind can improve depression, anxiety, and ADHD symptoms, improve sleep, and reduce stress. Engaging in regular physical activity has also been shown to reduce the risk of developing depression and other mental health conditions in children and adults. This training program will introduce participants to the benefits of movement on mental health. They will learn how movement impacts mental health and learn strategies for adding movement to their daily routine.

#### Learning Points

- Learn the impacts that movement can have on overall health.
- Discover the ways that simple movement and exercises can improve mental health.
- Understand possible obstacles to movement and how to overcome them
- Learn strategies to begin adding movement to one's daily routine with the goal of improving mental health

Register for a live 1-hour training session or use the on-demand option to watch the training when it's convenient for you. Training options are in English and available globally.

<p><b>Recorded sessions</b></p> <p>On demand (no Q&amp;A)</p> <p><a href="#"><u>Watch here</u></a></p> <p><b>Short on time?</b> Watch the 10-minute summary <a href="#"><u>here</u></a></p>	<p><b>13<sup>th</sup> January</b></p> <p>11 AM-12 PM Central Standard Time (with Q&amp;A)</p> <p><a href="#"><u>Register now</u></a></p>	<p><b>14<sup>th</sup> January</b></p> <p>1-2 AM Central Standard Time (with Q&amp;A)</p> <p><a href="#"><u>Register now</u></a></p>	<p><b>15<sup>th</sup> January</b></p> <p>7-8 AM Central Standard Time (with Q&amp;A)</p> <p><a href="#"><u>Register now</u></a></p>	<p><b>15<sup>th</sup> January</b></p> <p>1-2 PM Central Standard Time (with Q&amp;A)</p> <p><a href="#"><u>Register now</u></a></p>
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**Space is limited for the live training session options, so advance registration is required.**

This program should not be used for emergency or urgent care needs. In an emergency, call 911 if you are in the United States, the local emergency services phone number if you are outside the United States, or go to the nearest A&E. This programme is not a substitute for a doctor's or professional's care. Due to the potential for a conflict of interest, legal consultation will not be provided on issues that may involve legal action against Optum or its affiliates, or any entity through which the caller is receiving these services directly or indirectly (e.g., employer or health plan). This programme and all its components, in particular services to family members below the age of 16, may not be available in all locations and is subject to change without prior notice. Experience and/or educational levels of Emotional Wellbeing Solutions resources may vary based on contract requirements or country regulatory requirements. Coverage exclusions and limitations may apply.

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