



Did you know just five minutes of physical movement can boost your mood? It's also a good preventative measure to take care of your physical health. So let's work together in getting some physical activity in your daily routine whether that's over your lunch break or after work.

Start moving with curated Calm content:

- [Step Away From the Computer](#)
  - Take a quick break from computer work with a guided walking meditation.
- [Quality Moves Over Quantity](#)
  - Try a short series of full-body movements so you can establish your inner strength.
- [Mental Health Walk](#)
  - Listen to a combination of the sounds of New Zealand and lo-fi music so you can refresh your mind and body when you're out for a walk.
- [Movement Lesson - The 4 Pillars of Health](#)
  - Learn how to regain control of your health through simple yet effective diet and lifestyle changes.

Join a [Calm App Webinar](#) to learn how to personalize your app experience or deep dive into monthly themed topics to enhance your mental health toolkit.

Check out the Calm app for other diverse resources that'll support your mental health journey. Haven't redeemed your free Calm Premium subscription yet? Click [here](#) for the sign-up instructions.