

## Netflix and Exercise

Our wellbeing. It isn't something we intentionally think about often. A lot of Sisters have the tendency to prioritize everything else, with little time for themselves. While this is not a bad thing, as with anything else, it's important we find a balance. Wellbeing doesn't have to look like a juice cleanse, miracle face mask, or a total life overhaul. Practicing wellbeing can be as simple as taking advantage of time you already have. If you have 15 minutes, can you pack (or plan) your lunch for tomorrow so you don't have to eat out? Can you take that time to call someone you've been feeling a little disconnected from? Maybe you take a walk or go outside for some fresh air. Whatever you do, all it takes is a little effort to be intentional with your time. These 15 minutes don't sound like a lot, but by packing a lunch, you control what you put into your body which may prevent you from feeling sluggish, leave you feeling fuller, and with healthier options. Reconnecting with someone you haven't been in touch with, can help give a boost to your morale and overall attitude, it can impact your whole day. And the benefits of being outside are priceless! All it takes is a little effort to be intentional and make these things a priority.

Despite being home, these things still may be falling by the wayside. So, the question remains, how can you take advantage of the time you already have? How can you take something like re-watching (more like re-binging) *The Office* and work it in favor of your wellbeing? By being intentional, and a little creative, maybe your Netflix time can help you improve not just your mental wellbeing, but your physical wellbeing. A really simple, and useful idea is to turn your favorite Netflix show into a game as well as an opportunity to slip in a little exercise. *The Office* for example, every time Jim looks into the camera, can you do 15 crunches? Maybe every time Pam says, "Dunder Mifflin, this is Pam!"-do 20 calf raises. Or, how about 10 burpees each time Angela gets annoyed? These seem simple enough, but they can begin to add up. No, you don't have to do it for every episode, but making the most of your binge time can help you improve your wellbeing. So, pick your favorite show and get started. A simple search on Google, or Pinterest can provide lots of ideas on any show. (*The Bachelorette*, *Bob's Burgers*, *Friends*, *Gilmore Girls*, *Breaking Bad*, etc.) At the very least, this can be your excuse to start a new show, or to watch your favorite one again, and it's an excuse, that benefits your mind and body.

