



NAMI-NYS Executive Director Wendy Burch is embracing the Fitness Challenge leading up to the NAMIWalks New York State event. In addition to trying to eat healthier and get enough sleep, her goal is to do some type of physical activity for 30 minutes every day. One form of exercise that offers a full body workout and is easy on the joints is swimming. Whether you swim laps, do water aerobics or just walk around the shallow end of the pool, being in the water can be invigorating and alleviate a lot of stress. It may seem difficult to find a location with an available pool; however, many local gyms and YMCA's have pools with various organized workout activities. Another option is a local school with a pool. Many are available in the community for a minimal fee and offer open lap swim times and water aerobics classes. Most communities also maintain lakes, ponds (and for those fortunate enough to live near the coast) ocean beaches, which are often free of charge. We wouldn't recommend accessing those until Mother Nature decides to bring the warm weather back to New York!

We hope you'll join us with our Strong Bodies Strong Minds initiative and make the pledge to live healthier through better eating, more exercise and stress reducing activities like meditation or yoga. And we hope you'll join us on September 29<sup>th</sup> in Albany for NAMIWalks New York State. [Click here](#) to register.