Need ideas on adding physical activity to your life? Go to **healthpartners.com/livingwell** and choose Get moving.

**Get moving. Feel the benefits.**

Feeling gloomy? Take action.

There are a lot of ways to cope with feeling gloomy. It’s different for everyone, so what works for you may not for someone else.

Next time you’re feeling blue, try moving your body. Exercise improves energy, relieves anxiety and helps you feel in charge. Talk to your doctor about how to start safely. There’s no downside to exercise.

Getting active doesn’t mean you have to spend hours at the gym each day. Try these tips to start:

* Do activities you already love – like gardening, dancing and golfing
* Get your family and friends involved
* Schedule exercise into your day