

READING FOR WELL-BEING COMMUNITY BOOK CLUB KIT

Move the Body, Heal the Mind by Jennifer Heisz, Ph.D
(2022, published by Harvest)

DISCUSSION QUESTIONS

- 1) Have you incorporated more activity in your daily routine?
- 2) Have you tried wellness walking or any other new physical activity?
- 3) Any strategies for more activity during the winter months?
- 4) Have you found it beneficial for your well-being?

READING TIP

To enhance your reading experience, try to set (realistic and achievable) goals before diving into your next book. To do this you could try to read a page everyday, or complete a chapter once a week.

WELL-BEING TIP

Spending time with others is one of the biggest predictors of well-being. However, research suggests people have a tendency to underestimate the benefits of connecting with others. To promote well-being, try to find time to engage in more positive social interactions with others, even when spending time alone seems like the best option in the moment.



Classic baked apples

This baked apples recipe is an easy, cozy dessert! Stuff the fruit with oats, spices, and brown sugar and bake until tender.

Learn how to make them here:
<https://www.acouplecooks.com/baked-apples-recipe/>

ADDITIONAL RESOURCES

Epley, N., & Schroeder, J. (2014). Mistakenly seeking solitude. *Journal of Experimental Psychology: General*, 143(5), 1980–1999.

Hagan, E. (2022). *The mental health benefits of reading*. Psychology today.
<https://www.psychologytoday.com/ca/blog/the-art-effect/202203/the-mental-health-benefits-reading>

Manami Ejiri, Kawai, H., Takeshi Kera, Ihara, K., Fujiwara, Y., Watanabe, Y., Hirano, H., Kim, H., & Shuichi Obuchi. (2021). Exercise as a coping strategy and its impact on the psychological well-being of Japanese community-dwelling older adults during the COVID-19 pandemic: A longitudinal study. *Psychology of Sport and Exercise*, 57, 102054–102054.
<https://doi.org/10.1016/j.psychsport.2021.102054>

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A noted neuroscientist reveals groundbreaking research on how fitness and exercise can combat mental health conditions such as anxiety, dementia, ADHD, and depression, and offers a plan for improving focus, creativity, and sleep.

Jennifer Heisz shares paradigm-shifting research on how exercise affects the brain, finding that intervals of intense workouts, or even leisurely walks, help stop depression and dementia, lessen anxiety and ADHD, and encourage better sleep, creativity, and resilience. Physical inactivity is the greatest risk factor contributing to dementia and anxiety—it's as much a factor as genetics. In addition, exercise's anti-inflammatory properties make it the most effective treatment strategy for those who are depressed and don't respond to anti-depressants. The book focuses on overcoming inertia; using exercise to help fight addictions; how we can improve our memory with fitness even as we age; and, importantly, how exercise can help us sleep better, improve focus, and be more creative. Included are easy to use plans for unique aerobic and resistance workouts designed to strengthen the brain.



[Jennifer Heisz](#)

