



Move More, Stress Less! | July 8 • 10-11 a.m.

We (humans) are designed to move! Whether you enjoy walking alone, dancing, organized sports, or group fitness, any type of physical activity can positively affect your mood and help you to manage any kind of stress! We often consider movement “me” time and forego our movement to take care of others. The days when you don’t feel like you have time are the days you likely need to move even more! In this webinar we will discuss how movement works as a stress reliever, ways to make time for movement, and ideas for incorporating movement into what you already do. Learn more and [register here](#).



Exercise as Medicine: Q&A With Dr. Tim Church | July 15 • 10-11 a.m.

If you could take a pill that cost nothing and improves your mood, heart health, bone density, weight and brain function, would you take it? Regular exercise does all of these things, even in small doses. If you are interested in learning more, this webinar is your opportunity to ask questions and get answers from one of the world’s leading obesity and exercise researchers, Dr. Tim Church, MD, PhD. For instance, how much time and how often should you exercise to make an impact? What kind of exercise can you do to address your specific health goals? Bring your questions or submit them in advance to lacy.wolff@ers.texas.gov. Learn more and [register here](#).



Move Correctly, Fix Imbalances and Feel Better! | July 22 • 10-11 a.m.

Over time, our daily routines, like sitting for long periods, can lead to muscular imbalances in our bodies. This might include minor pains in various joints or even limited range of motion. One may be able to work through these issues, but if left untreated they could lead to injury. Join this webinar hosted by Texas DPS to discover, common muscular imbalances resulting from sitting most of the day, different exercises to combat these and other muscular imbalances, and what good posture looks and feels like. Learn how small changes can bring BIG relief with lifelong health benefits. Learn more and [register here](#).



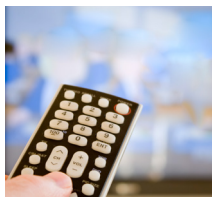
Simple Strategies to add Movement into your Daily Routine | July 29 • 10-11 a.m.

In this webinar Brian McFarlin, Ph.D. will give us simple strategies to add more movement into our lives. Just 30 minutes of moderate physical activity over the course of each day can reduce the risk of chronic conditions such as hypertension, high cholesterol, Type II Diabetes, and can even help with managing stress and pain. Unfortunately, according to the CDC, less than 5% of Americans get this much daily physical activity. More movement equals better health, and as Dr. McFarlin says, “It doesn’t have to be hard. Let’s make it simple.” Learn more and [register here](#).



ERS Walk and Talk Podcast

If you are looking for a way to get active, join us on a 20-30 minute walk while we talk about health, wellness, and life in general. From the Employees Retirement System of Texas, podcast host Lacy Wolff walks and talks with her mentors, friends, experts and leaders about health and wellness. This month we are featuring two of our speakers, Dr. Tim Church and Brian McFarlin, Ph.D. The podcast is available through Apple Podcasts, Google Podcasts, Spotify, Amazon Podcasts, and most streaming podcast platforms. Learn more and [listen here](#).



ERS Wellness Channel

You can find many of our past webinars, video tutorials, and brain break videos through the one of our newest ERS Wellness Channel. If you are interested in learning about Blue Points, taking a quick stretch or meditation break, or learning from subject matter experts about nutrition, mindfulness, or physical activity take some time to explore and bookmark [this page](#).