



**Member training:**

**Move to Improve Mental Health**

**January featured training**

**Move to Improve Mental Health**. Mental health and physical health are closely connected. Research suggests that increased physical activity of any kind can improve depression, anxiety, and ADHD symptoms, improve sleep, and reduce stress. Engaging in regular physical activity has also been shown to reduce the risk of developing depression and other mental health conditions in children and adults. This training programme will introduce participants to the benefits of movement on mental health. They will learn how movement impacts mental health and strategies for adding movement into their daily routines.

Learning Points

* Learn the impact that movement can have on overall health.
* Discover how simple movement and exercises can improve mental health.
* Understand possible obstacles to movement and how to overcome them
* Learn strategies for adding movement into daily routines with the goal of improving mental health

Register for a live, one-hour training session or use the on-demand option to watch the training session when it’s convenient for you. The training session options are in English and are available globally.

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| **Recorded sessions**  On demand  (no Q&A)  **[Watch here](https://optum.webex.com/webappng/sites/optum/recording/301f28157b48103db7aa7ea591cff951/playback)**  **Short of time?**  Watch the 10-minute summary    **[here](https://optum.webex.com/webappng/sites/optum/recording/695256fe7b3f103dbdbbe65195cf59db/playback)** | **13th January**  5-6 PM GMT  (with Q&A)  [**Register now**](https://optum-training-form.force.com/NonUSTrainingForm/s/intlregistrationpage?c__recordId=a27UI000000ZcYfYAK) | **14th January**  7-8 AM GMT  (with Q&A)  [**Register now**](https://optum-training-form.force.com/NonUSTrainingForm/s/intlregistrationpage?c__recordId=a27UI000000ZcTpYAK) | **15th January**  1-2 PM GMT  (with Q&A)  [**Register now**](https://optum-training-form.force.com/NonUSTrainingForm/s/intlregistrationpage?c__recordId=a27UI000000ZcVRYA0) | **15th January**  7-8 PM GMT  (with Q&A)  [**Register now**](https://optum-training-form.force.com/NonUSTrainingForm/s/intlregistrationpage?c__recordId=a27UI000000ZcX3YAK) |

**Space is limited for the live training session options, so advance registration is required.**

**Get started**

This programme should not be used for emergency or urgent care needs. In an emergency, call 911 if you are in the United States, the local emergency services phone number if you are outside the United States, or go to the nearest A&E. This programme is not a substitute for care provided by a doctor or other professional. Due to the potential for a conflict of interests, legal consultation will not be provided on issues that may involve legal action against Optum or its affiliates, or any entity through which the caller is receiving these services directly or indirectly (e.g. their employer or health insurance scheme). This programme and all its components, in particular services to family members under the age of 16, might not be available in all locations and are subject to change without prior notice. The experience and/or educational levels of the Emotional Wellbeing Solutions resources may vary based on contractual or country-specific regulatory requirements. Coverage exclusions and limitations may apply.

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