



Exercise Your Social Wellness!

**July is National Social
Wellness Month!**



What is Social Wellness?



Social wellness refers to the relationships we have and how we interact with others. Social wellness involves building healthy, nurturing, and supportive relationships as well as fostering a genuine connection with those around you and with yourself.

Social wellness is one aspect of the whole wellness equation, and it's receiving more attention lately due to the mental and physical risks of isolation and loneliness.

In order to bring awareness to the importance of social wellness, St. Andrew's Family Fitness Plus is celebrating National Social Wellness Month through our campaign, Exercise Your Social Wellness!

Any type of relationship, even the one with yourself, can be difficult to navigate. This is why it's important to exercise this part of your wellness- just like you would your body!

This book is dedicated to different types of social wellness resources. We hope you use it to build new connections and strengthen existing ones!

Sincerely,

The St. Andrew's Fitness Team

Why is Social



Wellness Important?

Social wellness is important, because the positive effects of developing and maintaining healthy relationships are endless!

People who are socially well enjoy huge health benefits, which include:

- Stronger immune system
- Higher rate of resiliency during tough times
- Improved longevity
- Less risk for diseases
- Improved cardiovascular functioning
- Decrease in symptoms of anxiety and/or depression.

On the flip side, social isolation, or having limited social connections, can have significant health implications, such as:

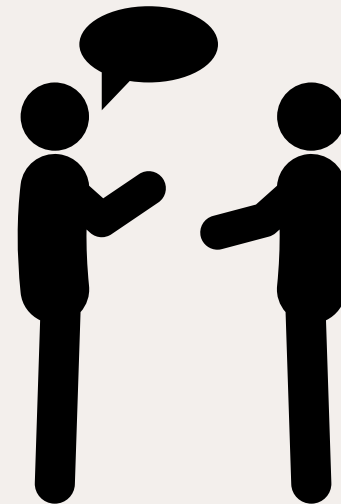
- Increased risk of high blood pressure and heart disease
- Weakened immune system
- Anxiety and/or depression
- Cognitive decline and/or Alzheimer's/Dementia

Different Types of Social Wellness



Just like there are a variety of ways to take care of your body, there are a variety of ways to take care of your social wellness!

Just focusing on one or two areas of your social wellness can be enough to see improvements in your overall health and well being.



Get Active!

Exercise can be a great way to meet new people and improve other areas of your health. Group fitness classes, walking/running clubs, even personal training can all be ways to use physical activity for your social wellness too!

Volunteer!

Volunteering is a powerful way to meet new people who are passionate about the same things that you are. In addition, you get to help people and causes- which also help make you feel good.

Get to Know Yourself!

The most important relationship you will ever have is the one with yourself. You spend 24/7 in your head, so it's important that not only you get to know who you really are, but that you treat that person with kindness, respect, and love at all times.

Local Ways to Get Involved



Dorchester Paws

Every year, Dorchester Paws helps thousands of abused and abandoned animals find new, loving homes. An integral part of their mission is the support of their volunteers that help care and socialize all the animals.

Find out more: dorchesterpaws.org/volunteer/

Lowcountry Food Bank

Every year, volunteers at the Lowcountry Food Bank contribute over 51,000 hours to help people receive nourishing, accessible food.

To join their cause, please visit:

lowcountryfoodbank.org/get-involved/volunteer/

Charleston Reading Partners

Volunteer Reading Partners work 1-on-1 with struggling students by providing 1 hour tutoring sessions— following a structured, evidence-based curriculum developed with an expert team of advisors.

Start helping our future generation read:

readingpartners.org

Self-Care Bingo



Spend some time nurturing yourself with this fun,
self-care bingo!

Get up and
dance.

Enjoy a
good meal.

Meditate for 5
minutes.

Go offline
for a day.

Sing your
favorite song.

Journal.

Take a nap.

Express
gratitude to
someone

Plan next
week's menu.

Join Our FIT Program



Large group fitness classes can feel overwhelming and working out alone can feel lonely. The answer? FIT Small Group Training and Classes!

What is FIT?

FIT = Functional, Inclusive, Transformative

- All the benefits of personal training + smaller, personalized fitness classes.
- Small group training and classes on land and in water.
- Potential to take 8 different classes & sessions every single week that are specific to you!

Start Your 30 Day Unlimited Free Trial:

<https://tinyurl.com/30DayFitTrial>

