



UNIVERSITY OF ILLINOIS SYSTEM

WELLNESS CONNECTION

LIVE WELL. WORK WELL.

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INSPIRE TO MOVE - UI Stride Spring Campaign - Know Your System

By Colleen Crawford

How well do you know your system? Your body is a complex machine with many intertwined systems that work together to keep you well. The spring [UI Stride Know Your System campaign](#) provides an opportunity to explore and enhance your wellness system through physical activity and other healthy behaviors, while also getting to know the University of Illinois System. Whether you are participating in the campaign or cheering on your colleagues from the sidelines, the benefits of getting to know what helps your system work at its best are well worth the effort!

A simple way to start is by getting to know what types of physical activity feel good to you. Walking is often recommended as an uncomplicated way to add movement into your day and can [positively influence your health and wellbeing](#) in many ways. However, the best type of physical activity is that which you will do [consistently](#). This makes figuring out what you like and

how to [regularly fit it into your schedule](#) key. It may take some trial and error to discover a routine that you feel excited about and want to stick with, but part of the fun is trying new activities and having new experiences.

Feeding your body has a tremendous impact on how your systems work. This includes not only what you eat, but how you eat as well. [Mindful eating](#) is the practice of turning your attention inward and being aware of the thoughts, feelings, and sensations surrounding eating. This practice can help you tune in to the whys behind your food choices and lead you to become more deliberate when making decisions about food. Some benefits of mindful eating include more enjoyment and appreciation of food, reduction of cravings, improved digestion, and regulation of eating patterns. [Simple mindful eating exercises](#) can help you get started with this practice.

[Engaging in frequent learning experiences](#) will also help keep your system in top-notch shape. Just like your muscles, your brain needs regular training and challenge to be at its best. Learning activities can be easily accessed online, at the library, within the University of Illinois System through the [Know Your U Program](#), and by engaging with colleagues and friends. Nourishing your brain will help you reach your personal and professional goals, leading to greater overall life satisfaction.

