Moving the body on a daily basis is a necessity. As humans, we were born to move. This was true before the pandemic and will remain true after. But during the pandemic, moving the body has become a way for many to cope with anxieties, frustrations, and fears. Regular exercise not only makes the body physically resilient, but also strengthens the mind so you can handle the most difficult challenges in life, including a pandemic. Join Lauren Lewis, UNM Employee Wellness Health Education Consultant and certified personal trainer, as she discusses the many benefits (physical, mental and emotional) of daily movement and how to add more physical activity into your day without completely overwhelming yourself during this time. She will also lead a brief, energizing stretch break at the end!

Lauren is an experienced fitness consultant and group fitness instructor that has worked with all different fitness levels throughout her career. She loves helping clients discover their inner athlete and realize their full potential in and outside the gym. As a health education consultant, Lauren enjoys presenting on a variety of fitness and wellness topics to help UNM employees optimize their overall health. She is a National Academy of Sports Medicine certified personal trainer and holds a master’s degree in Community Health Education from UNM.