



Physical Well-Being and Mental Health



Did you know that getting enough exercise, spending time outdoors, and adopting healthy habits can boost your mental health? Follow these steps to help you or your team prioritize physical well-being with Modern Health.

- 1 Connect yourself and your workforce with one-on-one care**
Your employees can work with a Modern Health coach to create personalized exercise plans, build lasting healthy habits, and discover new ways to stay active in their daily lives.
- 2 Check out these resources to support your physical well-being**
[Video: See how Coaching can help your employees feel their best](#)
[The Mental Benefits of Physical Exercise](#)
[Pathways: Physical Wellbeing – Follow a step-by-step pathway program that is personalized and includes a 1:1 Specialist. Focus on everything from creating healthy routines, sleep, mind-body stress and more!](#)
- 3 Seek support with live and on-demand [Circles](#)**
[How to Set Goals and Intentions](#)
[Self-Compassion: A Beginner Guide](#)
- 4 Check out digital content to support your physical well-being**
[Finding Ways to Rest Your Physical Self](#)
[Physical Wellness for Resilience](#) 
[Tools for Better Sleep, Rest, and Movement Throughout Your Day](#)

Visit Modern Health on [myMattel](#) to learn more.
Ready to get started? Register with your Mattel email address [here](#).

