Research shows that being social & going out with friends can help you live longer & reduce the risk of certain diseases.
Being social adds years to your life!

- According to a study done at Brigham-Young University, isolation can have a bigger impact on your life span than obesity.

- Friendships, near or far, increase our chances for a long and healthy life.
IT DECREASES RISK OF STROKE!

- Spending time with friends lowers your blood pressure & reduces inflammation in your body.

- A research study done at Harvard University showed that being engaged in life & showing enthusiasm seems to reduce the risk of coronary artery disease.
Social isolation can lead to illness – both mental & physical

A Carnegie Mellon University Study found that being more social upped your resistance to colds & flu
IT ENCOURAGES GOOD HABITS!

- Having healthy relationships can lower stress & depression

- If your friends have healthy habits, you’ll be less likely to form unhealthy habits like drinking or smoking
IT LOWERS OR DELAYS YOUR RISK OF MEMORY LOSS OR ALZHEIMER’S DISEASE

- Psychiatrists at the University of Arizona found that Alzheimer's patients who engage in social interactions are able to stabilize cognitive decline & improve their mood.

- Any type of social activity that engages your brain & keeps it active is good for you!
It Relieves Pain!

- Something as simple as holding hands with someone can help lower pain perception.
- Physical contact can help lower blood pressure.
- Holding hands, hugging, & getting a massage can reduce pain & help you feel better.
ARE YOU ENGAGING IN SOCIAL WELLNESS?

To get a sense in how engaged you are in social wellness, ask yourself these questions:

1. Do I plan time to be with my family & friends?

2. Do I enjoy the time I spend with others?
3. Are my relationships with others positive & rewarding?

4. Do I explore diversity by interacting with people of other cultures, backgrounds, and beliefs?

If you’ve answered no, it may indicate an area where you need to improve the state of your social wellness!
SOCIAL SWEATING

- Participating in group fitness classes is a great way to improve your social wellness

- It offers a variety of benefits, including increased accountability, motivation, & fun!

- Check out our Group Fitness schedule to see when you can engage in some social time!
Sun's Out Gun's Out
Aqua Fitness Party!

Join us for a special Aqua Fitness class & enjoy exercise in amazing summer weather!

When: Wednesday, June 17th
Time: 12:00 p.m. to 1:00 p.m.
Where: University Pool (across from the LFC)

For questions, please contact Heather Mazzei at heather.mazzei@csulb.edu or 562-985-2087