



Exercise and Recovery

- **Description:** A group that explores the role of physical activity in supporting sobriety and mental well-being.
- **Instructions:**
 - **Introduction (10 minutes):** Discuss the benefits of exercise for physical and mental health in recovery.
 - **Movement Break (15 minutes):** Lead a simple stretching or yoga session to demonstrate how movement can reduce stress.
 - **Exercise Planning (25 minutes):** Guide clients in creating an individualized exercise plan based on their fitness level and interests. Use visual aids like workout charts.
 - **Interactive Activity (30 minutes):** If possible, take the group outside for a short walk or a simple exercise routine. Use props like resistance bands or yoga mats.
 - **Reflection (10 minutes):** Discuss how regular physical activity can support long-term recovery and reduce cravings.
 - **Facilitator Role:** Educate on the connection between exercise and recovery, lead the movement break, and assist in exercise planning.
 - **Client Role:** Participate in physical activity, create a personal exercise plan, and commit to incorporating movement into their recovery routine.