# Physical Wellness Checklist

Positive physical health habits can help decrease your stress, lower your risk of disease, and increase your energy. Here are tips for improving your physical health:



## MAINTAIN YOUR MUSCLE

Building muscle helps you keep up the activities you enjoy at any stage of your life. Some types of strength training keep your bones healthy, too. Experts recommend strength training activities for all the major muscle groups two or more days a week for adults and three for kids and teens.

### TO BUILD MUSCLE SAFELY:

- ☐ Start slowly, especially if you haven't been active for a long time.

- ☐ Pay attention to your body. Exhaustion, sore joints, or muscle pain mean you're overdoing it.

- ☐ Use small amounts of weight to start. Focus on your form, and add more weight slowly, over time.

- ☐ Use smooth, steady movements to lift weights into position. Don't jerk or thrust weights.

- ☐ Avoid "locking" your joints in a straight position.

- ☐ Try to avoid lifting heavy objects. If you need to lift something heavy, bend your knees and keep your back straight.

- ☐ Don't hold your breath during strength exercises.

- ☐ Ask for help. Join a group class or find a trainer.