YOUR HEALTHIEST SELF

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:

BUILD HEALTHY HABITS

We know that making healthy choices can help us feel better and live longer. Maybe you've already tried to eat better, get more exercise or sleep, quit smoking, or reduce stress. It's not easy. But research shows how you can boost your ability to create and sustain a healthy lifestyle.

TO BUILD HEALTHY HABITS:

- ☐ **Plan.** Identify unhealthy patterns and triggers. Set realistic goals.
- ☐ **Change your surroundings.** Find ways to make healthier choices easy choices. Remove temptations. Work for changes in your community, like safe places to walk.
- ☐ **Ask for support.** Find friends, family, co-workers, neighbors, or groups for support.
- ☐ **Fill your time with healthy activities.** Try exercise, a favorite hobby, or spending time with family and friends.
- ☐ **Track your progress.** Record how things are going to help you stay focused and catch slip-ups.
- ☐ **Imagine the future.** Think about future benefits to stay on track.
- ☐ **Reward yourself.** Give yourself a healthy reward when you've achieved a small goal or milestone, like a massage.
- ☐ **Be patient.** Improvement takes time, and setbacks happen. Focus on progress, not perfection.