

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:



GET ACTIVE

How well your body functions affects your ability to accomplish your daily activities. Sedentary behavior—which usually means sitting or lying down while awake—has been linked to a shorter lifespan and a wide range of medical problems. Any time you get up and move, you’re improving your chances for good health.

TO INCREASE YOUR ACTIVITY:

- Take the stairs instead of the elevator. Park your car at the far end of the street or parking lot.
- Have “walking meetings” with colleagues at work.
- Rearrange your home so you can stand upright or walk on a treadmill while watching TV or using the computer.
- Set an alarm on your computer to go off every hour and prompt you to move around for a minute or two.
- Try walking as if you’re already late for the bus or an important meeting.
- Have small weights in your office or around your home for doing arm exercises.