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:

FIND A HEALTHY WEIGHT

Keeping your body at a healthy weight may help you lower your risk of heart disease, type 2 diabetes, and certain types of cancer that can result from carrying excess weight or obesity. Take charge of your weight and your health.

TO REACH YOUR WEIGHT LOSS GOALS:

- Calculate how many calories you need for your weight goals. Visit NIH’s Body Weight Planner (bit.ly/3rQXQGj).
- Record your daily food intake and physical activity using an app on your phone or a journal.
- Weigh yourself every day, or at least once a week.
- Set specific goals. Be realistic about your time and abilities.
- Choose healthy meals and physical activities you enjoy. You’re more likely to stick with ones you like.
- Plan physical activities with friends or family.
- Identify temptations. Plan ways to stay on track.
- Learn from your slips. Find out what triggered the slip and restart your eating and physical activity plan.
- Be patient. Changing lifestyle habits takes time.

For other wellness topics, please visit www.nih.gov/wellnesstoolkits

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