

# 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 being overweight or obese. Take charge of your weight and your health.

### TO REACH YOUR WEIGHT LOSS GOALS:

#### Eat Healthy

- Eat smaller portions.
- Select a mix of colorful vegetables each day.
- Choose whole grains.
- Go easy on fats and oils.
- Limit added sugars.

#### Be Active

- Stick with activities you enjoy.
- Go for a brisk walk, ride a bike, or do some gardening.
- Do strengthening activities.
- Get active for just 10 minutes, several times a day. Every little bit counts!

#### Track your progress

- Keep a food and physical activity diary.
- Be realistic and aim for slow, modest weight loss.