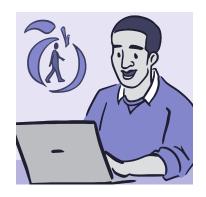
YOUR HEALTHIEST SELF

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 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.