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:

MAINTAIN YOUR BODY

Your bones, muscles and joints all work together to make your body an amazingly movable machine. Like any machine, your body can suffer some wear and tear. It needs regular care and maintenance to keep moving with ease.

TO KEEP YOUR BODY HEALTHIER:

- ☐ Maintain a healthy weight. Too much weight can make your knees and hips ache.
- ☐ Engage in muscle strengthening (resistance) activities that involve all your major muscle groups two or more times a week.
- ☐ Stay active all week long. Aim for 150 minutes of moderate intensity activity a week, such as brisk walking.
- ☐ Wear comfortable, properly fitting shoes.
- ☐ Eat a well-balanced diet. Get enough calcium and vitamin D daily to protect your bones.
- ☐ Try to avoid lifting heavy objects. If you need to lift something heavy, bend your knees and keep your back straight.