

# Social Wellness Checklist

Positive social habits can help you build support systems and stay healthier mentally and physically. Here are some tips for connecting with others:



## GET ACTIVE TOGETHER

Where you live, work, or go to school can have a big impact on how much you move and even how much you weigh. Being active with others in your community can have a positive effect on your health habits and create opportunities to connect. You can help your community create ways to encourage more physical activity.

### TO HELP MAKE A MORE ACTIVE COMMUNITY:

- Start a walking group with friends, neighbors, or co-workers.
- Make the streets safer for walking by driving the speed limit and yielding to people who walk.
- Consider joining a low- or no-cost exercise group or an office sports team such as softball or kickball, and enroll kids in community sports teams or lessons.
- Participate in local planning efforts to develop walking paths, sidewalks, and bike paths.
- Work with parents and schools to encourage kids to safely walk or ride bikes to school.
- Join other parents to ask for more physical activity at school.
- Try different activities to find the ones you really enjoy, and have fun while being active!