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:

GET ACTIVE

Sedentary behavior has been linked to many medical problems. Moving more and sitting less can have major health benefits. Experts recommend adults get at least 150 minutes (two and a half hours) of moderate physical activity a week. You can benefit from even a little activity at a time. Every minute counts when it comes to movement.

TO INCREASE YOUR ACTIVITY:

☐ Set specific goals for your physical activity.

☐ Take the stairs instead of the elevator.

☐ Park your car at the far end of the street or parking lot.

☐ Try an online exercise class to stay active from home.

☐ Set an alarm to go off every hour as a reminder to move around for a minute or two.

☐ Have small weights in your office or around your home for doing arm exercises.

☐ Take a walk on your lunch breaks. Or have "walking meetings" with colleagues at work.

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