

What is Physical Health?

What it means: the absence of disease/disability **AND** the ability to perform daily tasks and live comfortable while doing the things you love!

Otherwise known as **functional independence!**

Why is Physical Health Important?

It helps us avoid:

1. Doctors
2. Physical Therapist
3. Rehab
4. Disease
5. Injury

Where Do I Begin?

1. Find small ways to increase physical activity
 - a. Taking the stairs, parking further away, gardening, taking the dog for a walk, play with your children
2. Shop for more plant-based food and whole grains
 - a. Less sugary beverages and processed foods
3. Be aware of what you are eating! Read the food labels
 - a. Avoid artificial sweeteners, added sugars, and trans fats
4. Establish a healthy sleep routine of 6-8 hours per night
5. Make a plan to reduce stress
 - a. Yoga, walking, or meditation
6. Surround yourself with people who support your journey
7. Create specific and realistic goals to increase exercise
 - a. Example: walk one mile everyday, go to a local gym three times a week for 45 minutes
8. Do something you enjoy! Exercising is much easier and more fun when it's an activity you like

Children	Adults	Older Adults
Bone Health Cognitive function CV fitness Muscle fitness Weight status Depression	All-cause mortality Stroke and heart disease Hypertension Type 2 diabetes 8 cancers Depression Cognitive function Dementia Quality of life Sleep Anxiety/depression Weight status	Falls Frailty Physical function



You are here and you are committing to progress.

Assess - Evaluate current habits and think about how you would like things to be different.

Purpose - Find your why and your reason for wanting to make a healthy change.

Prioritize - What do you need to do to make this a priority in your life?

Mindset - Determine how you will choose to think about your change efforts.

Game Plan - Determine what is required and what strategies would yield the great return/reward. Set a specific, measurable, attainable, realistic, and time-oriented goal to reach for.

Action - Put the game plan into motion and implement strategies you came up with to help you achieve your goal.

Reflect - Think back on what you accomplished and what you learned from the experience.

Improve - Continue to progress and consider using this strategy to improve in another area of your life.

Lead - Lead by example and serve others. You are able to demonstrate to others what is possible and have a positive influence on them.