## 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!

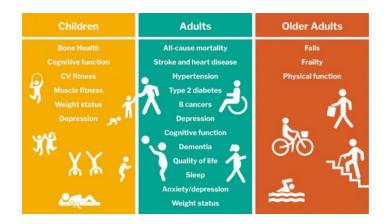
Why is Physical Health Important?

It helps us avoid:

- Doctors
- 2. Physical Therapist
- Rehab
- 4. Disease
- Injury

## Where Do I Begin?

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







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.