

# PREVENT AND RECOVER

## Directions

Welcome to the Game of Prevention and Recovery! You are here because you want to make healthy, sustainable lifestyle changes that will improve your physical health. Good for you! Before you start playing, let's go over the basic ways to maintain/improve physical health.

### 1. Physical Activity

- ★ Keeps you functionally independent
- ★ Keeps excess weight and stress off our bones, muscles, and joints to keep them strong and healthy
- ★ Improves your self-confidence and gives you a more positive outlook on life

### 2. Whole Foods Plant-Based Diet

- Stimulates bone formation
- Decreases inflammation throughout the body
- Helps us maintain a healthy digestive system
- Keeps our blood sugar levels in check and our heart healthy

### 3. Sleep

- ★ Keeps our immune system functioning properly
- ★ Reduces stress levels
- ★ Allows our body to rest and recover from the day so we can wake up and feel ready for the next day

### 4. Stress Management

- Helps us cope with stressful situations
- Enhances self-esteem and promotes good mental health/lifestyle behaviors
- Encourages adherence to dietary or treatment plans

### 5. Avoiding Risky Substances - What it does

- ★ Keeps our bones strong and healthy
- ★ Let's our body heal more quickly when it is injured

### 6. Healthy Relationships

- Encourage us to make healthy lifestyle choices that lower our stress levels
- Improve our self-esteem and confidence
- Increase happiness and life satisfaction

### What they ALL do

- ★ Reduce the risk of chronic diseases and lengthen our lifespan
- ★ Help us manage our weight
- ★ Keep us from visits to the doctor, hospital, or physical therapist
- ★ Keeps us happy, healthy, and smiling!

Thank you for living your life to the fullest and playing Prevent & Recover. Life is worth living and you deserve the healthiest and happiest life possible. Please remember that you matter and your health matters! Now that we are all on the same page, enjoy the game! Just roll a dice, answer the questions, and move along the path to physical health. Keep in mind, we all have setbacks. However, continue to persevere and stay on the lifelong journey that is health.

Good luck and get ready to improve your physical health!