



Physical Wellbeing

1. Physical wellbeing refers to how healthy and safe we feel.

Physical wellbeing is important to help prevent chronic illnesses such as diabetes, heart disease, and certain cancers, as well as to maintain a healthy weight, experience more energy, and feel more relaxed and happy.

2. Physical wellbeing is linked to:

- Regular exercise
- Rest
- Proper nutrition



3. Regular Exercise: The Mayo Clinic recommends 30 minutes per day or 150 minutes of moderate aerobic exercise per week

Moderate aerobic exercise includes:

- Walking briskly
- Cycling
- Swimming

Strength training or resistance exercises include:

- Using weights
- Squats
- Lunges

4. Rest: Adults need 7-9 hours of sleep per day. To promote good sleep:

- Avoid caffeine and alcohol at bedtime
- Regular exercise
- Turn off all electronics (TV, etc) well before bedtime
- Relaxing routine before bed
- Putting aside all worries from the day by writing them down, listening to music, or taking a warm bath



- Low fat dairy products

