PRIORITIZE
PHYSICAL WELL-BEING

Your physical health and well-being is of the utmost importance. After all, you've only got one body, so taking care of it is the key to being healthy and happy. Here are some quick tips to help you prioritize your physical well-being.

1 EAT HEALTHY

A healthy diet can protect you from heart disease, bone loss, Type 2 diabetes, high blood pressure, and some cancers. Small changes in your eating habits can make a big difference in your life.

2 DRINK YOUR WATER

There are many health benefits from drinking water including weight loss and reduced fluid retention, but above all, the body simply cannot function without it.

3 EXERCISE REGULARLY

Exercise can help control blood pressure, blood sugar, and weight. It also can prevent diseases like colorectal cancer, heart disease, and Type 2 diabetes.

4 WATCH YOUR WEIGHT

Achieving and maintaining a healthy weight is important to your overall health. Being overweight can lead to serious health problems, affecting both your well-being and health care costs.

5 MANAGE YOUR STRESS

Manage stress in order to sleep better, improve concentration, get along better with family and friends, lessen neck and back pain, and have an overall calm feeling.

6 AVOID TOBACCO & LIMIT ALCOHOL CONSUMPTION

Alcohol and tobacco use are linked to an increased chance of developing chronic conditions. Combat risks by quitting or refraining from smoking; limit or avoid alcohol.

7 GET ROUTINE CHECKUPS

Regularly visiting your doctor to receive preventive care can help you maintain your overall well-being and help identify potential illness early.

8 GET ENOUGH SLEEP

Failing to get enough sleep can wreak havoc on physical and mental health. Aim to get at least seven hours of sleep each night to keep your health in check.