



Achieving Physical Wellness

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Introduction

Maintaining a healthy body through smart diet and activity choices. This may include eating a balanced nutritional diet, exercising regularly, and being generally free from common illness.

Checking in on my physical wellness

Reflect on the following statements as they apply to you in your life, deciding if they are true for you:

- "I eat a balanced and nutritional diet."
- "I exercise at least 60 minutes per day for youth or 2.5 hours per week for adults."
- "I am generally free from illness and practice a preventative lifestyle."

How do I achieve physical wellness?

- Eat well
- Illness prevention
- Restful sleep
- Stress Management

Others:

- Limit alcohol and drug use
- Sexual health
- Stay hydrated

Credit: [University of New Hampshire, n.d](#)

Nutrition: Examine what you eat

- A balanced diet includes food items from all 5 food groups.
- A nutritional diet includes the six essential nutrients of: proteins, carbohydrates, fats, vitamins, minerals and water.
- A balanced and nutritional diet includes a variety of foods and nutrients.
- Limit processed foods high in added sugars, saturated and trans fats, and sodium intake

Credit: [Office of Disease Prevention and Health Promotion](#)

Exercise and physical activity: Get moving!

- [Physical Activity Guidelines](#) for Children, Adolescents, and Adults:
 - Children and adolescents (ages 6-17 years) should engage in at least 60-minutes of moderate-to-vigorous physical activity daily
- Adults should engage in at least 150-minutes of moderate intensity or 75-minutes of vigorous intensity of aerobic physical activity each week
for optimal health
- Adults should also engage in moderate intensity strength training activities that involve all major muscle groups, at least 2 days a week.

Credit: [CDC](#)

Exercise includes: aerobic activity, muscle strengthening activities, bone strengthening activities, and flexibility practice.

- **Aerobic:** Any exercise that improves your endurance by increasing your heart rate. This may include; running, swimming, dancing, bike riding, jumping rope
- **Muscle strengthening:** Any exercise that allows you to build muscle and strength. This may include; weight lifting, squats, push-ups, crunches
- **Bone strengthening:** Any exercise that makes your bones stronger. Many muscle strengthening and aerobic activities may also strengthen the bones including; running, jumping rope, squats

Flexibility: Any exercises that stretch the muscles of the body: focus on regularly stretching the legs, hips, back, abdomen, chest, shoulders, neck, and arms.

Prevention: Practice healthy habits

- As part of physical wellness you are generally free from fatigue and able to complete everyday activities.
- You practice a preventative lifestyle by taking care of your body through doing things like: washing your hands, brushing your teeth, maintaining regular check-ups, receiving appropriate vaccinations, routine imaging, and more to help prevent you from illness and disease.
- You keep your body free from harmful substances such as drugs, tobacco, or excess alcohol.
- If you do have an illness, you are practicing self-care to limit the symptoms and progression of illness and disease.

Credit: [CDC](#)

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