

6 Strategies for Improving your Physical Health

Get active

- Experts recommend at least 150 minutes of moderate physical activity a week.

Maintain your muscle

- Strength training keeps your bones healthy. Experts recommend strength training activities for all major muscle groups two or more days a week.

Find a healthy weight

- Keeping your body at a healthy weight can help you lower your risk of heart disease, type 2 diabetes and certain types of cancer.

Build Healthy Habits

- You can boost your ability to create and sustain a healthy lifestyle.

Eat a Healthy Diet

- A healthy eating plan that limits unhealthy foods and includes a wide variety of healthy foods is important.

(Information from National Institute of Health – Physical Wellness Toolkit)