# About Physical Wellness

Physical Wellness involves recognizing the need for physical activity, diet, sleep, and nutrition.

* Take the stairs instead of the elevator; replace driving with walking or bicycling when possible.
* Get enough sleep—your body needs it to rejuvenate and stay well!

Consider focusing on your physical wellness if you are living with one or more of the following:

* I want to do more physical activity and exercise
* I want to eat more fresh fruits, vegetables, and whole grains
* I want to be more responsible about annual visits to the doctor
* I want to maintain a reasonable weight for my age and height
* I want to feel calmer and more relaxed

# Motivational Messages

### Physical Activity

1. Let’s go for a 15-20 minute walk.
2. Put on your favorite song, get energized, and workout!
3. If you can't make it to the gym, find a quick workout on YouTube to do at home.
4. Hey, let’s shake things up! Watching TV? Walk in place during commercial breaks.
5. Any physical activity is better than none! Start with 5 minutes a day.
6. Get your heart healthy by adding at least 10 minutes of brisk walking or jogging each day!
7. Everybody starts somewhere. 1 - 2 workouts this week can be 3 - 4 workouts in a few weeks!
8. You can do it! Keep walking until you can jog. Keep jogging until you can run.
9. You can do it! To do 5 pushups, you have to start at 1.
10. Busy with chores today? Yardwork and cleaning are physical activities too!
11. Get bored when you exercise? Ask a friend to join you for a walk.
12. Changing your fitness routine? Search for free tracking tools like <http://www.myfitnesspal.com> that will show how far you’ve come.
13. Check out free resources, such as YouTube, to learn how to do yoga or other exercises.
14. Want a new routine? Look through fitness and other magazines for exercises you can do at home.

### Diet and Nutrition

1. Make a healthy shopping list and stick to it.
2. Plan your meals ahead of time to save money and eat healthy.
3. A healthy diet is totally doable. Make your plate half fruits and veggies!
4. A healthy plate doesn’t have to be boring. Make it fun with more colorful fruits and veggies!
5. Dining out? Plan ahead, look at an online menu for healthy options!
6. Control restaurant portions and stay on track! Take half your meal to go.
7. Having trouble with portions? If you use a smaller plate, a little looks like a lot.
8. Let’s try to make one healthy swap today! Drink a glass of water, and skip the soda, juice, or sports drink.
9. There’s still time to make a healthy swap today! Make your next snack a fruit or veggie!
10. Reduce your sodium intake today: Taste everything you eat before adding salt. Like it? Skip the salt and enjoy!
11. Keep up the good work! Each forkful of healthy food is improving your physical and mental wellness.
12. A healthy diet isn’t just about calorie intake. Get your vitamins with colorful fruits and veggies.
13. Low fat food doesn’t have to lack flavor! Use tasty herbs and spices!
14. Feeling stressed? Don’t make bad food choices! Take a walk and clear your mind instead.
15. Want to learn more about healthy eating? Visit USDA’s Choose My Plate <http://www.choosemyplate.gov>.
16. Need help trying to lose weight? Meet with dietitians and nutritionists if you need help, or try programs like Weight Watchers.

### Sleep

1. Turn your TV and devices off an hour before bed. That late night movie could be messing with your Zzzzzzz.
2. Physical activity = a good night’s rest!
3. Improve your sleep with a healthy bedtime.
4. Avoid coffee, tea, or other caffeinated drinks after 3pm to get maximum Zzzzzz tonight.
5. It’s hard to fall asleep when your mind is buzzing. Try taking deep breaths to calm your mind before bed.
6. Looking to improve your sleep? Meditation before bed can help.
7. Racing thoughts keeping you up? Writing in a journal helps clear your mind before bed.
8. Try managing your routine to carve out time to rest and sleep, and cut back on caffeine.

### Other

1. Trying to quit smoking? Consider engaging in hypnosis, acupuncture, or nicotine replacement therapy to curb the habit.
2. Unsure about your medications? Talk to your doctor, using a process of shared decision-making, when you need guidance.
3. If you’ve been prescribed medications, make sure to learn more about potential side effects and talk with your provider.
4. Stay healthy! Discuss preventive health care with your doctor, dentist, or other health care provider.
5. Interested in learning more about physical wellness? Consider seeing a holistic health provider or attending community health fairs.
6. Stay focused on your goals! Have you thought about attending support and 12-step groups, like Alcoholics Anonymous (AA) and Narcotics Anonymous (NA)?

# Positive Reinforcement

### Physical Activity

1. After you exercise, know you did something great for yourself.
2. You are getting healthier every day.
3. After exercise, be proud and take a moment to reflect on how you feel!
4. Every day you’re a little stronger!
5. Physical activity is important for your mental health.
6. You Rock!
7. Every day, take another step toward your fitness goals. You can do it!
8. Exercise doesn’t have to take all day—even 15 minutes a day can make a big difference.
9. You can reach your fitness goals!
10. By exercising, you are nourishing your body, mind, and spirit.
11. You can schedule your workouts like you schedule other parts of your day.

### Diet & Nutrition

1. You are taking care of yourself by making food choices that nurture you.
2. You can eat healthy even when you are dining out.
3. You can learn to plan and cook easy healthy meals that taste good.
4. You should feel good when you fill half of your plate with colorful fruits and veggies.
5. You are making healthier decisions at every meal.
6. You can reduce the amount of sugar, fat, and sodium in your food—and it can still taste good!
7. You know how to swap unhealthy foods and drinks for healthier ones.
8. Eating a healthy and balanced diet improves your mind, body, and spirit.
9. A healthy diet can help you reach and keep a healthy weight.
10. Every day is a fresh opportunity to eat healthy.
11. You can eat healthy on a budget.

## You don’t have to make bad food choices! Take a walk and clear your mind instead.

## Did you know eating out can be healthy too? Order a meal with lots of veggies.

### Sleep

1. You can get 6-8 hours of sleep tonight.
2. Did you turn off your devices one hour before bed last night? Awesome job!
3. Don’t you feel well-rested and full of energy after a good night’s sleep?
4. Remember sleep is important for your physical and mental health.
5. Feel rested? Those extra hours of sleep at night are paying-off!
6. You’re doing great, keep up with your healthy bedtime.

### Other

1. Great job focusing on your goals!
2. You’re getting healthier – Keep it up!
3. You’re avoiding unhealthy behaviors. Way to go!
4. You’re doing a great job growing your support network.

# Activities

**a.** Discovery Questions (Think)

**Title:** Find Time to Stand. **Description & Instructions:** Think about how much time you spend sitting during the day. Are there things you do during the day that you could do standing or walking? Write down all the things you do during the day. Circle all the things you do sitting down. Review the circled things. Make a note of which ones you can do standing up or walking. **Estimated Duration:** 2-15 minutes

**Title:** Small Steps to Improvement. **Description & Instructions:** Think about a goal that impacts your physical wellness. Would you like to quit smoking? Exercise more? Better understand your prescription medications? Avoid alcohol? Think about your goal and of just one thing you can do today to get closer to reaching it. **Estimated Duration:** 2-15 minutes

**Title:** Planning Ahead. **Description & Instructions:** It’s helpful to plan our physical wellness activities the same way we plan our work schedules, appointments, and our time with friends. Think about one physical wellness goal for this week. Once you think of your goal, plan when and where you’ll pencil the activity in to reach your goal for the week. **Estimated Duration:** 2-15 minutes

**b.** Physical (Do)

**Title:** Stretching for Stress Relief. **Description & Instructions:** Stretching can be a great way to reduce stress. Take a couple minutes to stretch and loosen your shoulders. Hold each stretch and count to eight. 1) Reach your arms above your head. 2) Reach your arms out to your sides, with your palms facing the floor. 3) Reach your arms behind you, and try to clasp your hands, if you can. 4) Roll your shoulders backwards and forwards. **Estimated Duration:** 2-10 minutes

**Title**: Bike Riding for Wellness. **Description & Instructions:** If you have a bike, going for a quick ride can be a great way to get out of the house and get some physical activity for the day. Check to be sure the weather is clear. Then grab your bike and helmet and head out. Don’t forget, safety first. Stay alert and attentive while riding. You can ride your bike around your block, complex, or neighborhood, or on a path or trail. **Estimated Duration:** 10-40 minutes

**Title:** Walking for Wellness. **Description & Instructions:** Walking is a great way to clear your mind and get in some physical activity. Check to be sure the weather is clear. Grab your walking shoes and head out. And don’t forget, safety first. You can walk around your block, complex, or neighborhood, or on a path, trail, or track. **Estimated Duration:** 10-60 minutes

**c.** Document (Write)

**Title:** Write a fitness plan. **Description & Instructions:** Make five physical activity goals you would like to reach in the next month. Be sure to include what the exercise or activity is, how long you would like to do it for and/or how many times you want to be able to do it. For example, walk one lap around the track in under 15 minutes or do two jumping jacks. Then schedule few days a week to practice doing the activity until you reach your goal. **Estimated Duration:** 15-30 minutes

**Title:** Eating for Wellness. **Description & Instructions:** Think of some of your favorite meals and foods. Search the internet for healthy recipes for those meals and foods. Also, check your grocery store’s weekly ad for ideas on new foods and recipes to try. Remember to make half your plate fruits and vegetables and the other half protein and grains. Add the ingredients you need to your shopping list. And don’t forget to add healthy snack options to help keep you full between meals. **Estimated Duration:** 45-60 minutes

**Title**: Create a Wellness Calendar. **Description & Instructions:** Using your phone’s calendar, a printed calendar, or a calendar you create from simple pen and paper, take a look at the next month. Thinking about your physical wellness goals, write in activities you can do to reach them. Want to quit smoking? Write the quit date on the calendar. Want to avoid an unhealthy weekend event? Write in an alternative plan for those dates. Want to sign up for a gym membership? Write in the date you’ll start. Want to schedule a doctor appointment? Write the date you’ll call and add the provider’s name and number. Put all of your physical wellness goals for the month on paper. **Estimated Duration:** 20-40 minutes

**d.** Person-to-Person (Interact)

**Title:** Find a Walking Buddy. **Description & Instructions:** Ask a friend to be your walking buddy. You can chat while you walk. Identify that person, give them a call, send a text or email and ask them to join you on your walks. **Estimated Duration:** 5-10 minutes

**Title:** Who can you be your wellness partner? **Description & Instructions:** Identify that person, give them a call, send a text or email and ask them to be your wellness partner and support your physical wellness goals. And, invite them to use this app! **Estimated Duration:** 5-10 minutes

**Title:** Visit the Doctor. **Description & Instructions:** Have you made an appointment with your primary care doctor lately? Give your primary care doctor a call, and ask to make an appointment today. If you don’t have a primary care doctor, call your insurance company to find one or visit a local free health clinic today! **Estimated Duration:** 10-30 minutes

# Resources

[SmokeFree.gov](https://smokefree.gov/)

Smokefree.gov is intended to help you or someone you care about quit smoking.

[High Blood Pressure: How to Make Control Your Goal](http://millionhearts.hhs.gov/Docs/BP_Toolkit/TipSheet_How_to_MCYG_General.pdf)

Learn tips from the Million Hearts® on how to successfully manage and control your blood pressure.

[SAMHSA Shared Decision Making](http://media.samhsa.gov/consumersurvivor/sdm/StartHere.html)

Shared decision making (SDM) is an emerging best practice in health care and mental health services. It pairs a style of communication and decision making tools to help balance clinical information about mental health conditions and treatment options with an individual’s preferences, goals, and cultural values and beliefs. Access worksheets, tip sheets, and more.

[HRSA Find a Health Center](http://findahealthcenter.hrsa.gov/)

HRSA Health Centers care for you, even if you have no health insurance – you pay what you can afford based on your income. Health centers provide services that include checkups when you are well, treatment when you are sick, complete care when you are pregnant, and immunizations and checkups for your children. Visit this resource to find a health center near you.

[Guides for Physical Activity and Weight Management](http://www.integration.samhsa.gov/health-wellness/wellness-strategies#physical)

Download a number of physical activity and weight management resources from the SAMHSA-HRSA Center for Integrated Solutions Wellness Strategies website.

[5 Healthy-Eating Resolutions You Can Actually Stick To](http://recipes.millionhearts.hhs.gov/articles/5-healthy-eating-resolutions-you-can-actually-stick)

From the Million Hearts®, try these healthy eating resolutions for a healthier you.

[Supplemental Nutrition Assistance Program Education (SNAP-ed)](https://snaped.fns.usda.gov/resource-library/handouts-and-web-sites/meal-planning-shopping-and-budgeting)

Tips and handouts on meal planning, shopping, and budgeting from the United States Department of Agriculture.

[USDA’s SuperTracker](https://www.supertracker.usda.gov/)

With SuperTracker, you can get a personalized nutrition and physical activity plan, track your foods and physical activities to see how they stack up, and get tips and support to help you make healthier choices and plan ahead.

[Centers for Disease Control and Prevention](http://www.cdc.gov/sleep) (CDC)

Insufficient sleep is associated with a number of chronic diseases and conditions—such as diabetes, cardiovascular disease, obesity, and depression. Learn more about sleep from the CDC.

[Aim for a Healthy Weight: Interactive Menu Planner](http://www.nhlbi.nih.gov/health/educational/lose_wt/menuplanner.html)

Access free menu planners, a BMI calculator, and more with the National Heart, Lung, and Blood Institute.

[Wellness Worksheets](http://www.integration.samhsa.gov/health-wellness/wellness-strategies/wellness.pdf)

The 126 Wellness Worksheets in this package are designed to help you become more involved in your own wellness. Access worksheets, assessment tools, inventories and more.