

# ESSENTIAL PARTS OF WELLNESS



IN ADDITION to good nutrition, there are some other important pieces of health to practice.

## EXERCISE

Recommendations per The American Heart Association for Physical Activity of Adults. Mobility varies for each person. Try to do what's within your capabilities and make small choices to move just a little bit more each day.



### QUICK TIPS FOR MOVING MORE

Exercise doesn't have to mean going to the gym or putting sneakers on:

- Park the car further away from the entrance when shopping, going to appointments, and eating out.
- Take the stairs.
- Set your phone alarm to go for a short 5-10 minute walk twice a day.
- Get up and move during commercials, alternate between squats, calf rises, and triceps dips.
- Walk or ride a bicycle instead of using your car.

## SLEEP

- Get 7-8 hours of sleep per night.
- Getting enough quality sleep at the right times can help protect your mental, physical health, quality of life, and safety.
- Ongoing sleep deficiency is linked to an increased risk of cardiovascular (heart) disease, obesity, high blood pressure, diabetes, and strokes.