

# Physical Wellness Checklist

Positive physical health habits can help decrease your stress, lower your risk of disease, and increase your energy. Here are tips for improving your physical health:



## MIND YOUR METABOLISM

Your metabolism changes as you get older. You burn fewer calories and break down foods differently. You also lose lean muscle. Unless you exercise more and adjust your diet, the pounds can add up. Middle-age spread can quickly become middle-age sprawl. Carrying those extra pounds may be harming your health.

### TO COMBAT AGE-RELATED CHANGES:

- Commit to a healthy diet.** Focus on nutrient-dense foods such as fresh fruits, vegetables, whole grains, seafood, lean meats, eggs, legumes, nuts, and seeds.
- Drink plenty of liquids.**
- Move more.** Every minute counts. Take the stairs and add walking breaks to your day. Experts recommend getting at least 150 minutes of moderate activity a week.
- Get plenty of sleep.**
- Limit alcohol use.**
- Avoid tobacco products.**
- Visit the doctor regularly.**