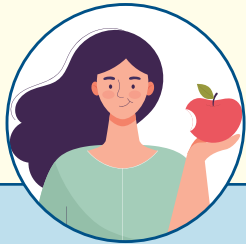




# Prioritize Your Physical Well-Being

Your physical health and well-being is of the utmost importance – it’s the key to being happy and healthy. Here are some quick tips to help you prioritize your physical well-being.



## Eat Healthy

Make small changes in your eating habits to help protect you from heart disease, bone loss, diabetes, and high blood pressure.



## Drink Your Water

Drinking water can help you lose weight and reduce fluid retention. Proper hydration is the key to good health.



## Exercise Regularly

Exercise can help improve your stability, balance, and coordination. It can help control your blood pressure, blood sugar, weight, raise your good cholesterol, and help to prevent heart disease and diabetes.



## Watch Your Weight

It’s important to your overall health to achieve and maintain a healthy weight. Being overweight can lead to serious health problems, affecting both your well-being and health care costs.



## Manage Your Stress

Keeping your stress in check can help you sleep better, improve concentration, and have an overall feeling of calmness.



## Avoid Tobacco and Limit Alcohol Consumption

Alcohol and tobacco use are linked to an increased chance of developing chronic conditions. Quitting smoking and limiting or avoiding alcohol can help combat such risks.



## Get Routine Checkups

Visit your doctor regularly to receive preventive care to help you maintain your overall well-being and help identify potential illness early.



## Get Enough Sleep

Lack of sleep can wreak havoc on your physical and mental health as well as your productivity at work. Aim to get at least seven hours of sleep each night.

Source: Zywave. For educational purposes only. Please consult your doctor or medical professional for any medical advice.