

Pillars of Health

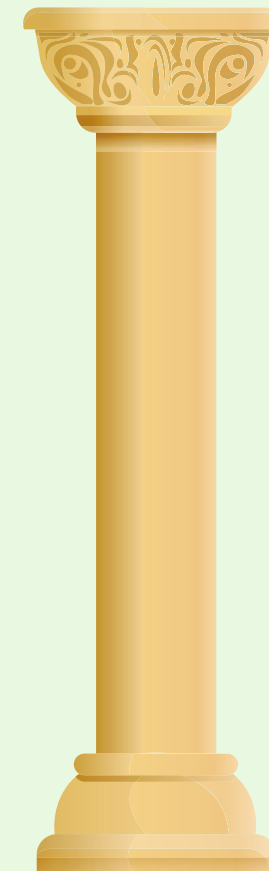


Healthy living is about a nutritious diet and so much more!



NUTRITION

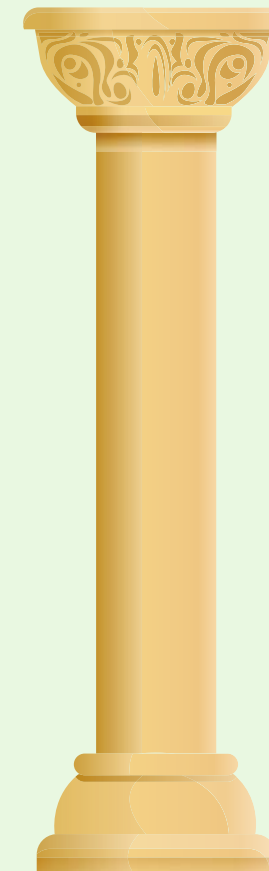
Covered in weeks 1-8





FITNESS

Move your body!



Fitness Benefits

Aim for 30 minutes per day

Benefits

- Mood
- Weight management
- Fights chronic illnesses
- Focus & energy
- Better sleep



cdc.gov/physicalactivity/basics/pa-health/index.htm

Fitness in many forms

Get outdoors

Hiking, gardening, walking, biking are outdoor activities that enhance wellbeing.

Walking

Find a **walking group**, walk with a spouse, friend or family member.

Flexibility

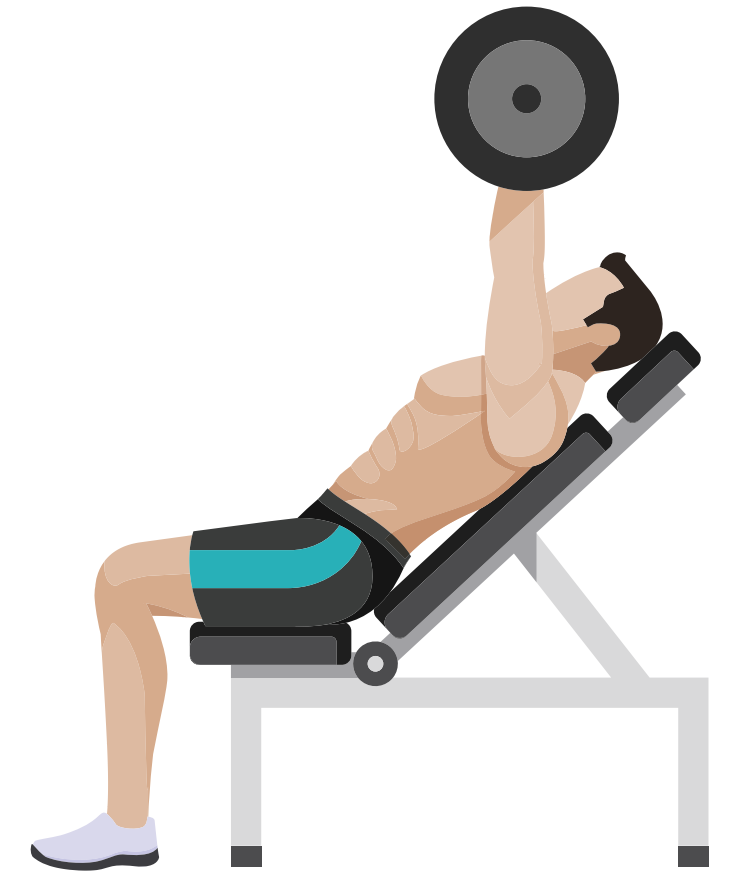
Yoga and/or stretching is important for flexibility.

Take the stairs

Park farther away, take the stairs, look for times you can move more.

Weight bearing exercise

Weight bearing exercise builds muscle, strengthens bones, and can improve balance.



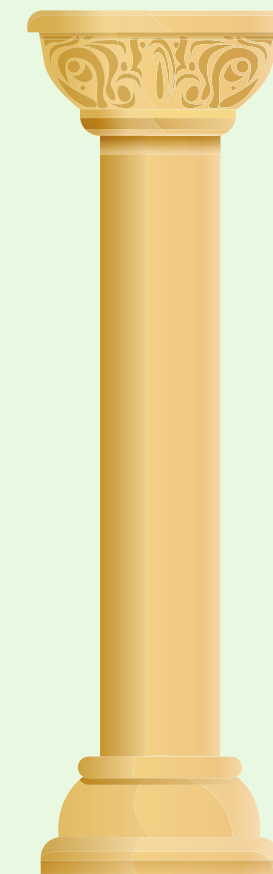
Remember

Finding physical activity you enjoy can make it easier to stick to!



STRESS MANAGEMENT

Prioritize relaxation for
health



Benefits to managing stress

Aim for 10 minutes per day

Learn to manage stress

- Physical health
- Mental health
- Productivity and performance
- Longevity
- Quality of life



Tips to relax

Breath

Square breath can be helpful.



Nature

Studies have shown spending time in nature is beneficial for our mental and cardiovascular health.

Meditation

Even 1 to 2 minutes per day will offer benefits.

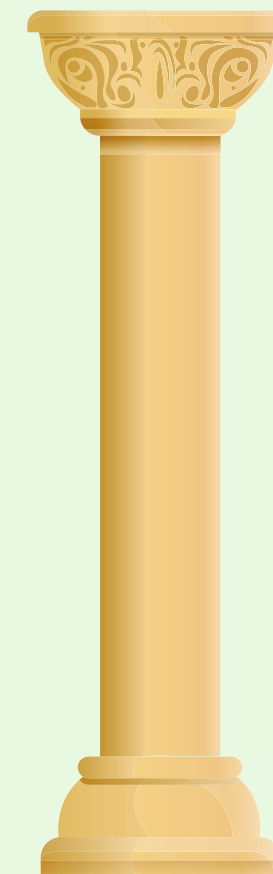
Practice gratitude

Focus on what you're grateful for each day. A journal can help!



SLEEP

Prioritize sleep for health



Sleep benefits

Aim for 7-9 hours of sleep per night

Benefits (to name just a few)

- Cognitive function
- Enhanced mood
- Weight management
- Heart health
- Immune function
- Blood sugar regulation
- Hormone balance



Sleep tips



Same time each night

Ideally going to bed around the same time and getting up the same time each day is the best for quality sleep.

Exercise during the day

Regular exercise can help you fall asleep and improve your sleep quality.

Power off the technology

The light from devices and disrupt sleep. Opt for reading or turn screens to night mode and decrease the brightness.

Avoid eating before bed

Stop eating 1 to 2 hours before bedtime.

Light is important

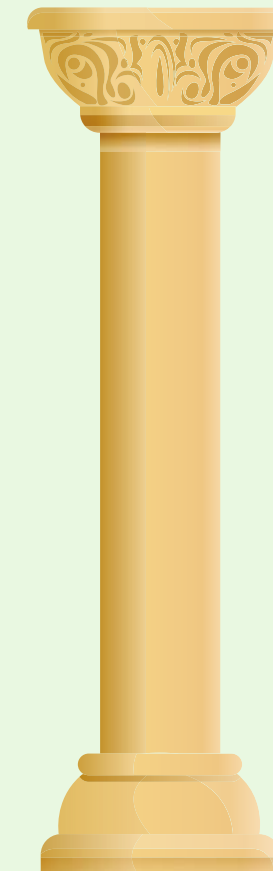
Getting natural light on your face in the morning helps set your sleep clock.

Skip stimulants

Avoid caffeine, nicotine, and alcohol before bedtime.

SUBSTANCE ABUSE

Prioritize sleep for health



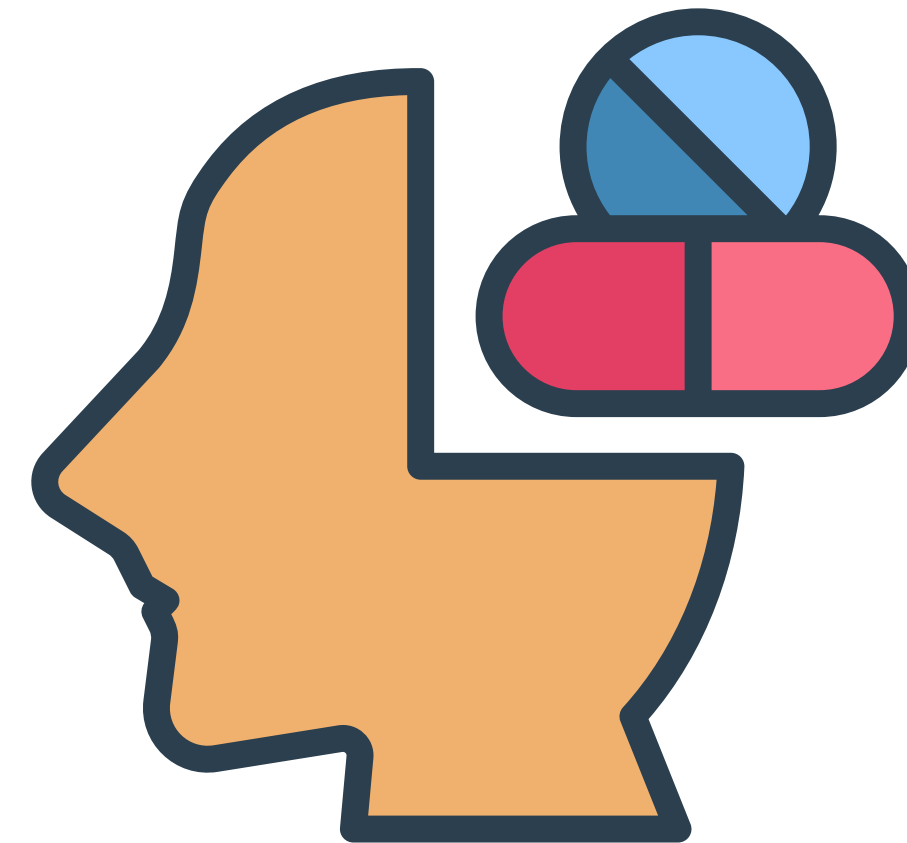
Substance abuse

Physical Impacts

- Kidney damage
- Liver damage and cirrhosis
- Various forms of cancer
- Tooth decay
- Skin damage
- Infertility
- Stroke
- Seizures
- Sexual dysfunction
- Cardiovascular problems
- Lung problems
- Overdose and death

Mental Impacts

- Cognitive decline
- Memory loss
- Paranoia
- Depression
- Anxiety
- Psychosis



Fighting substance abuse

Hospitalization

Detox before beginning long term treatment.

Psychotherapy

Develop healthier behaviors and thinking patterns.

Behavioral Therapy

Builds coping mechanisms and positive reinforcement.

Support Groups

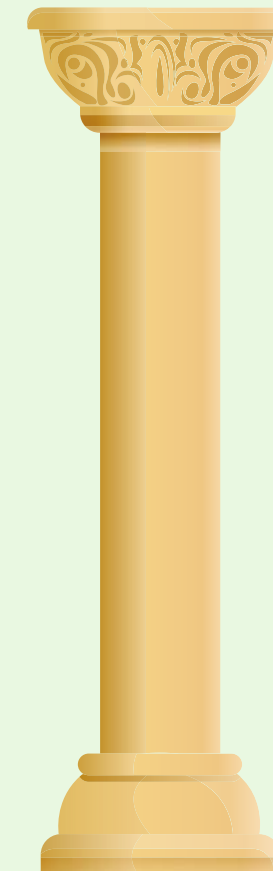
Peer support, resources and accountability.





COMMUNITY

Find your tribe!



Community

Benefits of having a supportive community

- Emotional support
- Social connection
- Shared resources
- Encouragement and motivation
- Sense of identity and purpose
- Health and wellbeing



Community building tips



Power five

Evaluate the five people closest to you. They shape who you are!

Common interests

Determine your interests, passions, and values. What do you care about, and what activities or causes resonate with you?

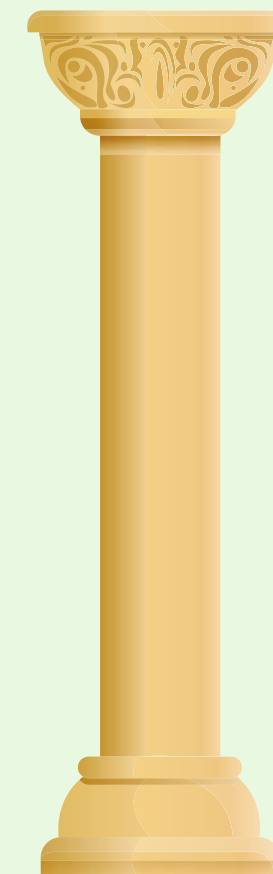
Explore online and offline

Explore both online and offline options. Look for local groups in your area, and also search for online communities related to your interests.



HYDRATION

The forgotten pillar!



Proper hydration

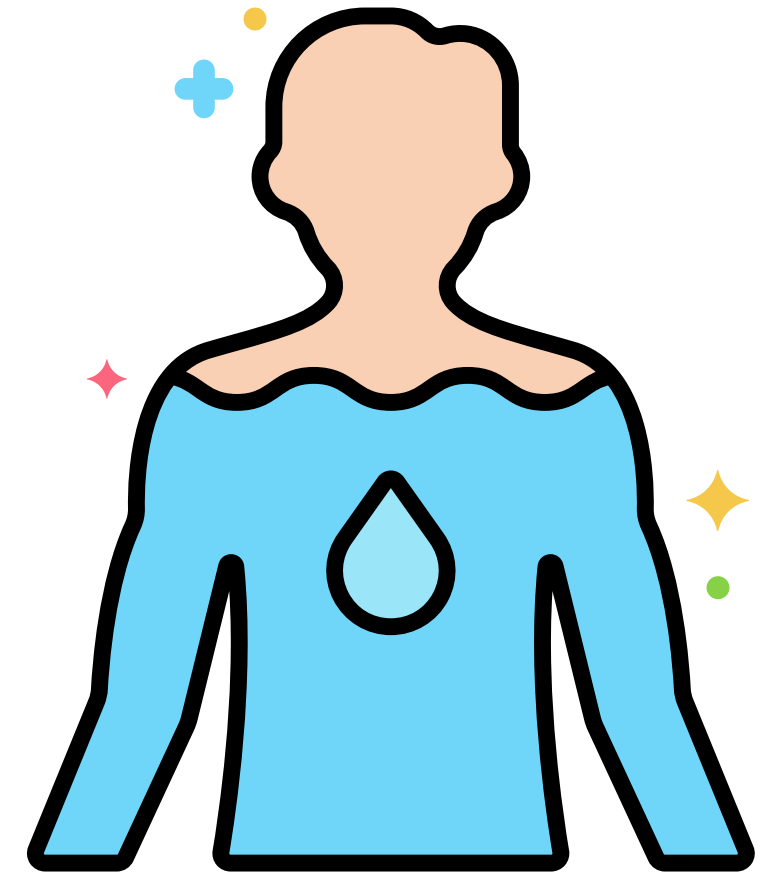
Typically around 8-10 cups (64-80 ounces) of water for most adults.

Benefits of being properly hydrated

- Physical performance
- Temperature regulation
- Digestive health
- Cognitive function
- Kidney health
- Weight management



Tips to stay hydrated



Water before caffeine

Drink a big glass of water, first thing in the morning, before coffee. After sleep you've had a long period of fasting and dehydration. It's important to rehydrate.

Set a water intake goal

A common guideline is to aim for about 8-10 cups (64-80 ounces) of water a day for most adults, but individual needs vary.

Sip during meals

Drinking water during meals can aid in digestion and help you feel more satisfied, potentially preventing overeating.

Hydrating drinks

Water



Herbal Tea



Sparkling Water



Green Tea



Lemon Water



Fruit and Veg Smoothie





**Send more
questions**