



**"TAKE CARE  
OF YOUR  
BODY. IT'S  
THE ONLY  
PLACE YOU  
HAVE TO  
LIVE." -JIM  
ROHN**



Click [here](#) to learn about the connection between physical and mental health!



Presented by:

**The Partnership  
for a Healthier Carroll County**



EMOTIONAL



SPIRITUAL



INTELLECTUAL



PHYSICAL



ENVIRONMENTAL



FINANCIAL



OCCUPATIONAL



SOCIAL

## 8 Dimensions of Wellness

# PHYSICAL

WEEK 4 - DAY 1

## WORKSITE WELLNESS



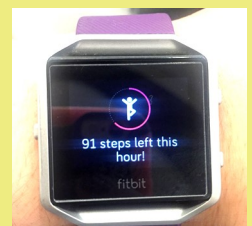
### Physical Dimension of Wellness is...

Recognizing the need for physical activity, sleep, and proper nutrition  
Keep your body moving and active!  
Make healthy food choices.  
Make time for good quality sleep.  
See your primary care doctor regularly.

Click [here](#) for a video on how you can improve your physical health!



WALK AT  
LEAST 10,000  
STEPS PER  
DAY THIS  
WEEK.



TIP: TAKE  
MOVING  
BREAKS  
THROUGHOUT  
THE DAY.  
YOUR STEPS  
WILL ADD UP!