



8 Dimensions of Wellness

PHYSICAL



WEEK 4 - DAY 3

You **Tube**

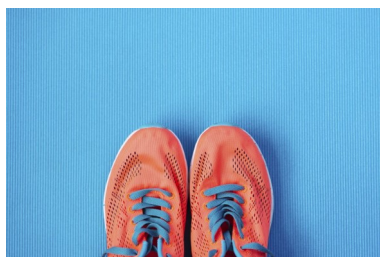
HOW TO MAKE
MOVEMENT A
HABIT:

CLICK [HERE](#)



“READY TO GET
MORE ACTIVE
THIS WEEK?

CLICK [HERE](#) TO
MAKE YOUR
PLAN.”



 Presented by:
The Partnership
for a Healthier Carroll County



**CDC GUIDELINES
RECOMMEND ADULTS GET
AT LEAST 150 MINUTES
OF PHYSICAL ACTIVITY
PER WEEK.**

**CHECK OUT THE [MOVE YOUR WAY](#) FACT SHEET FOR MORE
INFORMATION!**

**“YOU’RE
ONLY ONE
WORKOUT
AWAY FROM
A GOOD
MOOD.” -
UNKNOWN**

REMEMBER:

- Be realistic and patient
- Use time and place to your advantage
- Build a routine around a time and place



EMOTIONAL



SPIRITUAL



INTELLECTUAL



PHYSICAL



ENVIRONMENTAL



FINANCIAL



OCCUPATIONAL



SOCIAL