



**"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

8 Dimensions of Wellness

PHYSICAL

WEEK 4 - DAY 1

WORKSITE WELLNESS



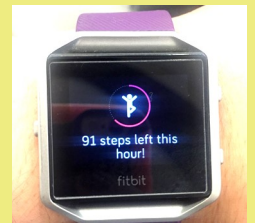
Physical Dimension of Wellness is...

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!**



EMOTIONAL



SPIRITUAL



INTELLECTUAL



PHYSICAL



ENVIRONMENTAL



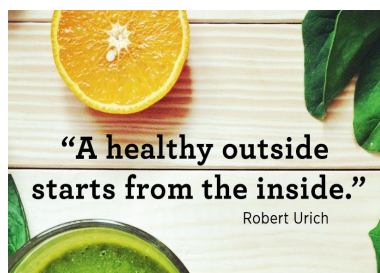
FINANCIAL



OCCUPATIONAL



SOCIAL



8 Dimensions of Wellness

PHYSICAL



WEEK 4 - DAY 2

WORKSITE WELLNESS

MEAL PREP TIPS:

- START SMALL
- CONSIDER EACH FOOD GROUP
- GET ORGANIZED
- KEEP A WELL STOCKED PANTRY
- CONSISTENTLY MAKE TIME
- PRE-PORTION YOUR MEALS
- VARY YOUR MENU
- MAKE IT ENJOYABLE!



HOW TO MAINTAIN HEALTHY EATING HABITS:

- Drink at least 64 oz of water each day
- Choose your nighttime snack carefully
- Enjoy your favorite foods in moderation
- Eat protein at every meal
- Stock your kitchen with healthy, convenient foods
- Know portion sizes
- Eat lots of fruits and vegetables

RESOURCES

- [MYPLATE](#)
- [USDA NUTRITION](#)
- [CDC](#)
- [FORKS OVER KNIVES](#)
- [NIH](#)
- [EATRIGHTPRO](#)

You Tube

- [SET GOALS FOR HEALTHY HABITS](#)
- [A HEALTHY PLATE](#)
- [NUTRITION FOR A HEALTHY LIFE](#)



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PHYSICAL



WEEK 4 - DAY 3

You **Tube**

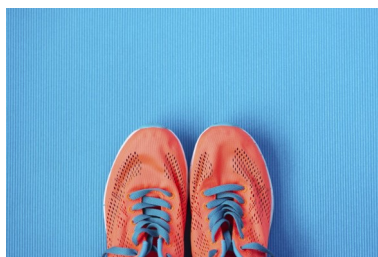
HOW TO MAKE
MOVEMENT A
HABIT:

CLICK [HERE](#)



“READY TO GET
MORE ACTIVE
THIS WEEK?

CLICK [HERE](#) TO
MAKE YOUR
PLAN.”



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**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



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8 Dimensions of Wellness

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WEEK 4 - DAY 4

WORKSITE

ARE YOU...

1. Getting enough sleep?
2. Avoiding exercise within a few hours of bedtime, as well as "screen time"?
3. Avoiding large meals before going to bed?



Sleep Benefits & Importance

CLICK [HERE](#)



**SLEEP & WELLNESS:
ADULTS NEED BETWEEN
7-9 HOURS OF SLEEP
PER NIGHT**

Click here

[Mayo Clinic Sleep Tips](#)



"SLEEP IS AN INVESTMENT IN THE ENERGY YOU NEED TO BE EFFECTIVE TOMORROW."
- TOM ROTH

Tips

- Go to bed & wake up at the same time each day
- Keep the room dark
- Limit screen time
- Be active during the day



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**"AN OUNCE
OF
PREVENTION
IS WORTH A
POUND OF
CURE."
- BENJAMIN
FRANKLIN**

You 

**WHY IS
PREVENTATIVE
CARE SO
IMPORTANT?
CLICK [HERE](#)**

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8 Dimensions of Wellness

PHYSICAL



WEEK 4 - DAY 5

WORKSITE WELLNESS



PREVENTATIVE CARE

- DO YOU VISIT YOUR DOCTOR, DENTIST OR OTHER HEALTHCARE PROVIDER FOR ROUTINE CHECKUPS?
- DO YOU KNOW HOW TO PERFORM SELF-CHECKS SUCH AS BLOOD PRESSURE, WAIST CIRCUMFERENCE, AND BLOOD SUGAR TO PREVENT CHRONIC CONDITIONS LIKE DIABETES?

BE SURE TO...

- Discuss preventative health care with your doctor
- Schedule preventative screenings
- Schedule well-child and well baby visits



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