



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](#)
- [WHAT IS A HEALTHY PLATE](#)
- [NUTRITION FOR A HEALTHY LIFE](#)