

Physical Wellness Checklist

Positive physical health habits can help decrease your stress, lower your risk of disease, and increase your energy. Here are tips for improving your physical health:



FIND A HEALTHY WEIGHT

Keeping your body at a healthy weight may help you lower your risk of heart disease, type 2 diabetes, and certain types of cancer that can result from carrying excess weight or obesity. Take charge of your weight and your health.

TO REACH YOUR WEIGHT LOSS GOALS:

- Calculate how many calories you need for your weight goals.** Visit NIH's Body Weight Planner (bit.ly/3rQXQGj).
- Record your daily food intake and physical activity** using an app on your phone or a journal.
- Weigh yourself** every day, or at least once a week.
- Set specific goals.** Be realistic about your time and abilities.
- Choose healthy meals and physical activities you enjoy.** You're more likely to stick with ones you like.
- Plan physical activities with friends or family.**
- Identify temptations.** Plan ways to stay on track.
- Learn from your slips.** Find out what triggered the slip and restart your eating and physical activity plan.
- Be patient.** Changing lifestyle habits takes time.