

inspired

[to make healthy choices]

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Boost Your Physical Health

Making physical wellness a priority
can improve your quality of life!

Positive physical health habits can help lower your risk of disease, decrease stress and increase energy. Caring for your health is an ongoing, intentional practice.

Check out the Physical Wellness Bingo challenge below and try different ways to complete a line this month!

Physical Wellness Bingo

Get a good night's sleep	Make a note to check your posture while working	Take the stairs	Eat a nutritious meal	Go outside for fresh air
Schedule a regular check-up	Park farther away from your destination	Do yoga	Incorporate exercise into screen time	Avoid smoking
Do a 20 minute workout	Opt for a healthy snack		Meditate	Take a work break and move your body
Practice deep breathing	Take a walk after dinner	Do a big cleaning of your home	Stretch	Exercise with family or a friend
Stand regularly	Limit alcohol (avoid if under age 21)	Explore a new hobby that involves movement	Have a walking meeting	Drink plenty of water

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