



GOOD HEALTH PRACTICES AND TIPS

Making health a priority will afford you many rewards for your mental, physical, and emotional health. Your good health habits are sustainable and will increase the immune-system support your body needs during stressful times. These habits have value: the effect of maintaining good health practices is long-term. Once you begin, the rewards are immediate and long-lasting and for a lifetime.

MENTAL HEALTH TIPS

- **Develop a Positive Mental Attitude (PMA).**
 - Use self-talk and remind yourself: You've Got This!
 - Believe you deserve good health and can achieve it.
 - Develop your own affirmations to repeat daily.
- **Be committed:** something will always come up and get you off track. Take care of the detours and get back to your priority.
- **Be consistent:** we are creatures of habit, so inserting a movement practice into your schedule can bring rewards that ease the stress from all other daily task needs.
- **Have variety:** variety is said to be the "spice of life," and so it is with regard to good health practices. Mix up your practices in ways that fit for you.
- **Have fun:** choose movement activities that are fun! Walking, cycling, pickleball, swim!
- **Take the time:** life rushes by, and it is easy to get caught in a whirlwind of task after task. Movement activity, however, is a habit that can be enjoyed, a break from the tasks. The mental and physical rewards that come from daily exercise become the motivators for us to take a break and move.
- **Make goals:** these can relate to time you exercise, distance you go, intensity of the workout, and frequency with which you exercise.
- **Assess your mental/emotional health:** how do you feel? Do tasks seem easier to complete due to less stress? Keep a chart!

MAKE GOOD HEALTH YOUR NEW NORM!

