

HEALTH IS A STATE OF MIND AND BODY

HEALTH AND WELLNESS GUIDE



Taking Care of You

It is important to be mindful of the choices you make for your personal health and well being. Nothing is more important than taking care of yourself. Set aside time every day for YOU—be active, enjoy hobbies and share time with your family and friends.

- Strive for balance in both your personal and work life.
- Make time for important relationships in your life.
- Ask for help whenever you need support from others.
- Find ways to relieve stress, like physical activity and relaxation techniques.
- Be open-minded to try something new, like a hobby or activity.

Wellness and fitness involve being aware and making choices like being active, eating healthy and improving your emotional well being. This is the most important investment you can make in your life. Strive for the best health you can have in all areas of your life by making mindful, healthy choices.

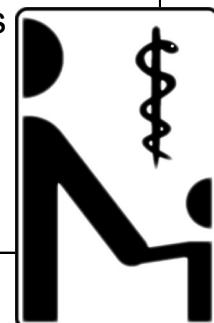
Benefits of Investing in You

Take charge of your life and feel good about the choices you make.

- Gain energy and feel more fit.
- Experience improved physical health
- Gain a positive outlook and find more enjoyment in your life.
- Be a role model for your family and friends.

Don't Let Stress Get You Down

We all feel stressed at times. How you react to stress will determine its effect on you. Take steps to prevent stress when you can and manage it when you can't.



Keep in mind that any lifestyle change is a "work in progress" and lasting changes take time.

FAMILY MATTERS

- **Parents are the most important role models.** As parents, you set examples by being active, eating healthy and living a balanced lifestyle.
- **Commit to making healthy choices and involve your kids.** Ask them what your family can do to make healthy changes in your lives.
- **Playtime for all ages is part of a healthy life.** Take time out to have fun and connect with each other.



Show your kids how great it feels to lead a healthy lifestyle.

FIND JOY IN BEING ACTIVE

Move every day. Being active is key to a healthy lifestyle and preventing chronic problems like heart disease and diabetes. Before you increase your activity level, be sure to talk to your family doctor.

Watch energy balance. Your weight is determined by the balance between the energy you take in (what you eat and drink) and the energy you use (physical activity).

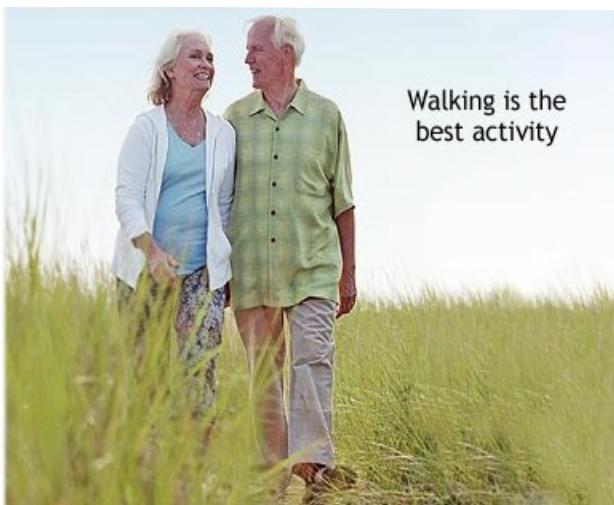
Every step counts. Studies have shown that every step you take helps you manage your weight and improve your overall health. You may want to track your steps with a step counter (pedometer) to encourage you to increase your daily activity. The more steps per day, the better.

Stay Positive and Motivated

Change is never easy. But with a little planning, patience and a positive attitude, your lifestyle can become a little healthier every day.

Some ideas:

- **Choose to do something you enjoy.** Many people prefer walking—you can walk outdoors, at home on a treadmill, alone, or with friends and family.
- **Make it fun.** Listen to music or books on tape while you walk or jog. Watch TV or a video while you exercise.



- **Keep it interesting.** Try different activities like tennis, swimming, dancing, biking, team sports or yoga.
- **Write it down.** Schedule time to be active just as you would for any other important appointment.
- **Give yourself credit.** Set short-term goals and plan rewards for yourself all along the way.

Riverside Family Medicine
3129 Blattner Drive
Cape Girardeau, MO 63703

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Written by familydoctor.org editorial staff