

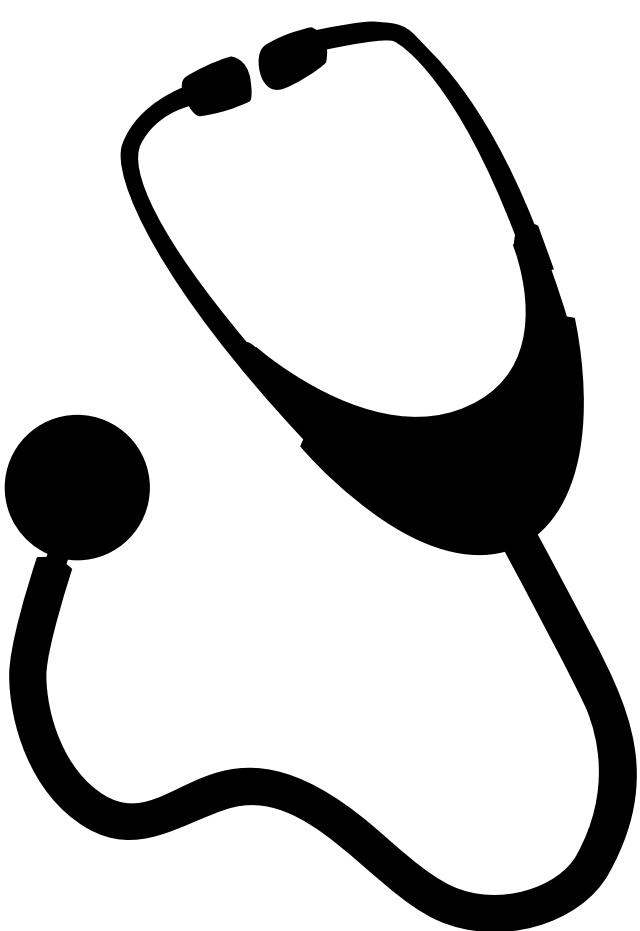


WELLNESS WEDNESDAY

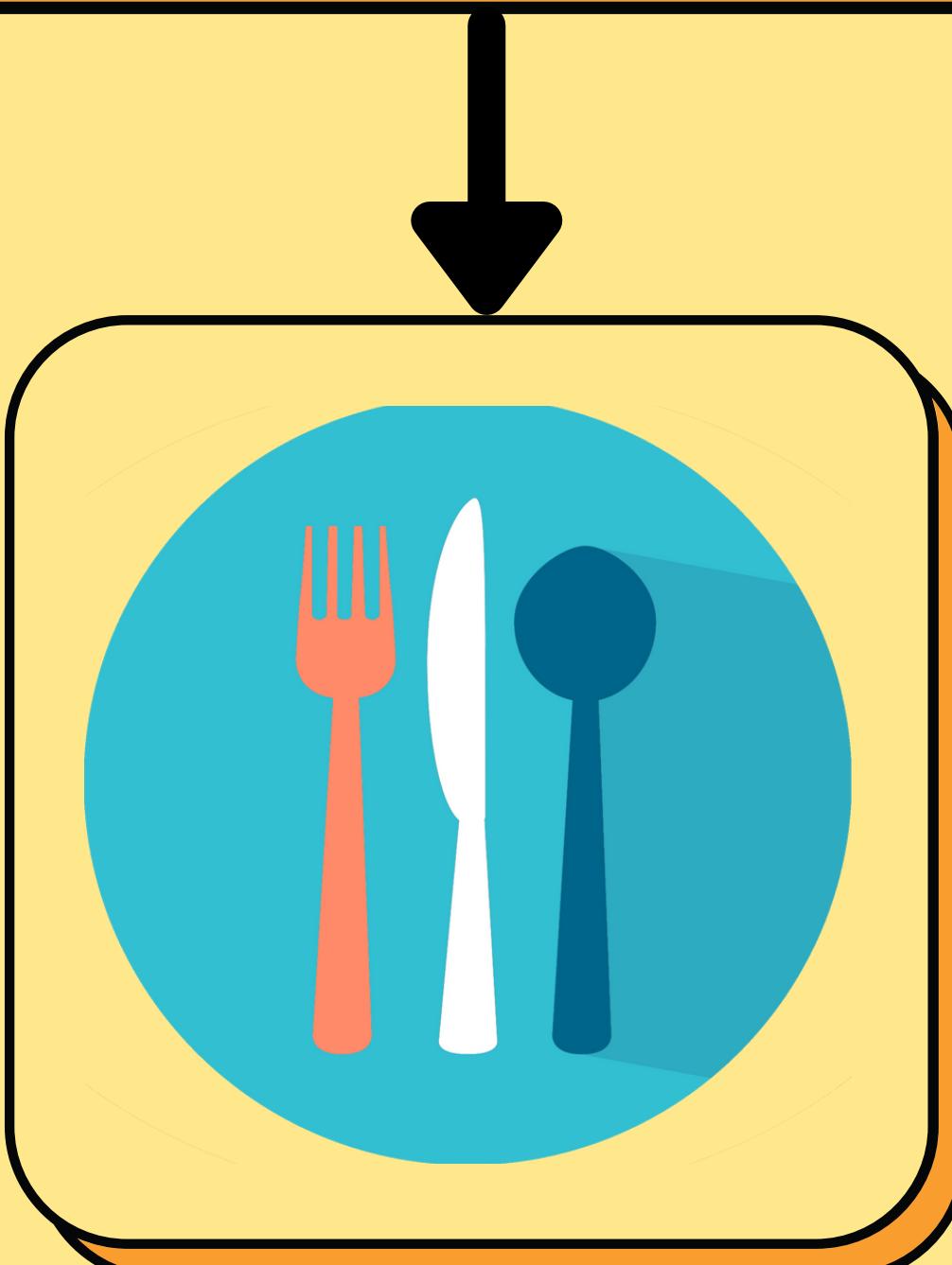
What is physical wellness?

Let's talk about it.

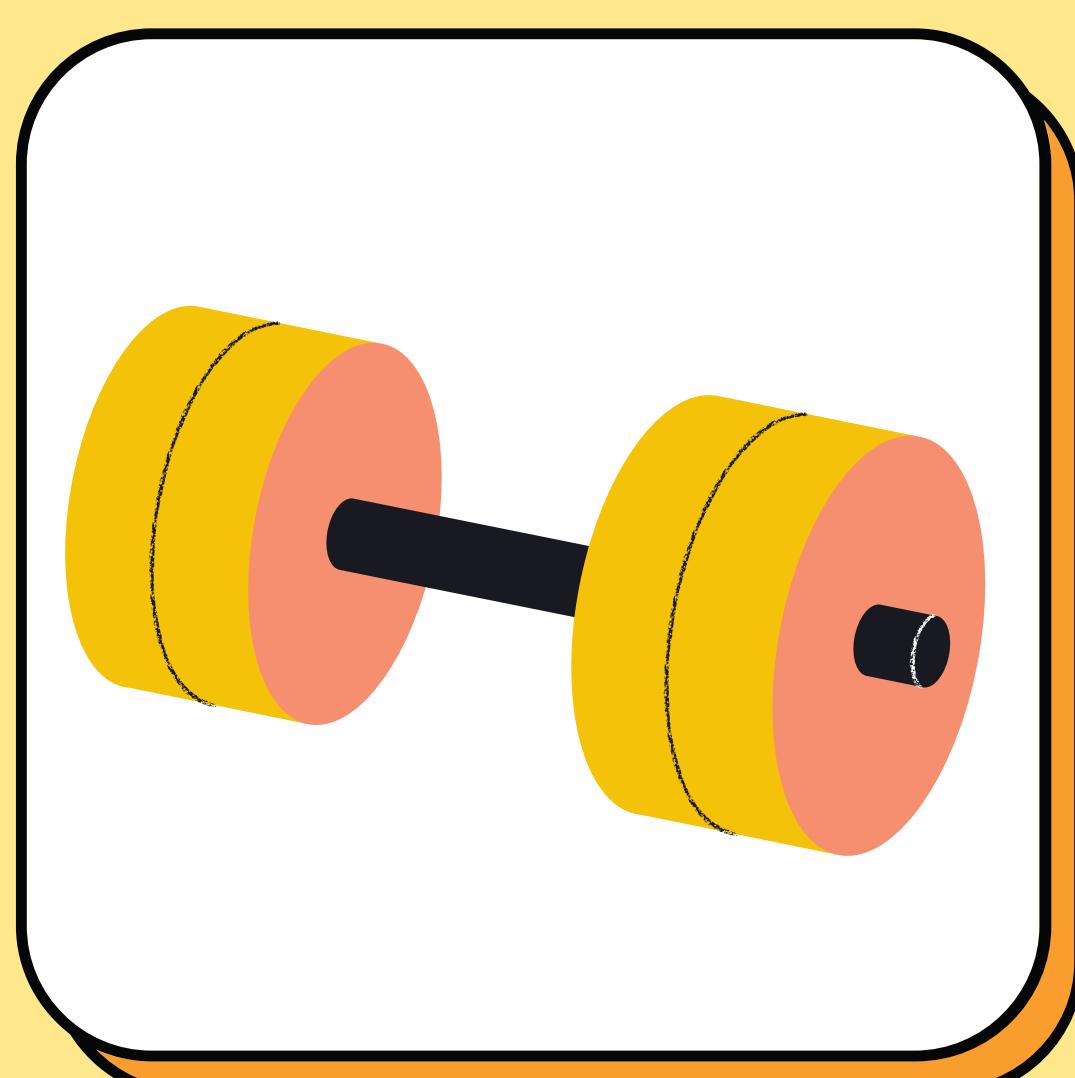
Physical wellness refers to your ability to recognize the importance of physical activity, health and nutrition, sleep as well as illness prevention.



Make an effort to attend routine check ups (physical, eye dental) and keep an eye out for illness-related symptoms.



Listen to your hunger cues and feed your body a variety foods to allow for adequate nutrient consumption. Practice mindful eating and keep hydrated.



Be active and aim to move your body for 30 minutes a day and 5 days a week. Ensure to participate in stretching and flexibility exercises.



Develop a **regular sleep schedule** to allow for an increase in productivity and creativity. Take time to **relax before bed** - avoid using technology and screens prior to falling asleep.



Take time for yourself and recognize signs of stress. Familiarize yourself with **stress management techniques**.



Follow **flu prevention** recommendations. Avoid contact with people who are sick or if you're sick, wash hands often and cover your mouth/nose when coughing or sneezing

Physical Wellness Videos For Kids

What is Physical Health?

Why Do We Need Sleep?

Physical Activity for Children

Healthy Eating and Nutrition

