

# Physical Wellness

## Physical Wellness

**“Take care of your body. It’s the only place you have to live.” – Jim Rohn**

Your body is a gift, and caring for it is one of the best ways to improve your quality of life, boost your mood, and increase your longevity. Physical wellness isn’t about being perfect; it’s about building habits that honor the body you’ve been given and help it thrive.

Here are some ways to prioritize your physical wellness:

### **1. Move Your Body Daily**

Movement is life! Whether it’s a walk in your neighborhood, a yoga session, or a dance class, getting active helps strengthen your body and lift your mood. Aim for at least 7,000-10,000 steps daily to keep your heart healthy. Lifting weights is just as important, especially as you age, to maintain muscle mass and strengthen your bones. Remember, it’s never too late to start.

### **2. Fuel Your Body Well**

The food you eat is fuel for your body. Prioritize whole, nutrient-dense foods and lower your sugar intake. Be mindful of avoiding ultra-processed foods and harmful oils—they can negatively impact your energy and overall health. Instead, focus on lean proteins, healthy fats, and a colorful variety of fruits and vegetables.

### **3. Stay Hydrated**

Water is essential for every function in your body. Aim to drink half your body weight in ounces of water each day to support digestion, energy, and clear skin. Keep a water bottle handy as a visual reminder to stay hydrated.

### **4. Prioritize Quality Sleep**

Sleep is the foundation of good health. It’s during sleep that your body repairs itself, balances hormones, and restores energy for the next day. Aim for 7-9 hours

of quality sleep each night. Create a bedtime routine that helps you wind down—dim the lights, limit screens, and consider relaxing activities like reading, journaling, or a warm bath. A well-rested body is better equipped to handle everything life throws your way.

## **5. Get Outside**

Spending time in nature is one of the simplest and most effective ways to support your physical and mental health. Soak up the benefits of grounding (walking barefoot on grass or sand) and absorb natural Vitamin D from the sun. A simple walk outside can reduce stress and recharge your energy.

## **6. Explore Something New**

Trying something new can energize your routine. Take a fitness class, start yoga, or revisit an activity you used to love, like swimming or dancing. When you find something you enjoy, you're more likely to stick with it.

## **7. Don't Forget Your Supplements**

Even with the best diet, supplements can fill in the gaps and ensure your body has the nutrients it needs. Supplements that support gut health, immunity, and energy can be game-changers for how you feel day to day.

Taking care of your body isn't just about looking good—it's about feeling good, living longer, and having the energy to do the things you love. Start small and build habits that nourish your body. Remember, every step you take toward better health is a step toward a better life.