

E - Exercise

Physical wellness involves aspects of life that are necessary to keep yourself in top condition. Optimal physical wellness is developed through the combination of beneficial physical activity/exercise and healthy eating habits. Elemental components of physical wellness include building muscular strength, cardiovascular strength, endurance, and flexibility. Physical wellness is also concerned with developing personal responsibility for your own health care, such as caring for minor illnesses and knowing when professional medical attention is needed.

Developing physical wellness empowers you to be able to monitor your own vital signs and understand your body's warning signs. You'll understand and appreciate the relationship between sound nutrition and how your body performs. The physical benefits of looking good and feeling terrific most often lead to the psychological benefits of enhanced self-esteem, self-control, determination, and a sense of direction.

MINDSET™ - Seven Key Elements of Health & Longevity

