

# Prioritize Physical Well-being



AssuredPartners

Your physical health and well-being is of the utmost importance. After all, you've only got one body, so taking care of it is the key to being healthy + happy. Here are some **QUICK TIPS** to help you prioritize your physical well-being.

## 1 EAT HEALTHY

A healthy diet can protect you from heart disease, bone loss, Type 2 diabetes, high blood pressure and some cancers, such as colorectal cancer. Making small changes in your eating habits can make a big difference in your life.

## 2 DRINK YOUR WATER

There are many health benefits from drinking water including weight loss and reduced fluid retention, but above all, the body simply cannot function without it. Check with your doctor to determine how much water you should be drinking daily.

## 3 EXERCISE REGULARLY

Exercise can help control your blood pressure, blood sugar and weight, raise your "good" cholesterol, and prevent diseases, such as colorectal cancer, heart disease and Type 2 diabetes. Aim to get at least 150 minutes of moderate-intensity aerobic activity (briskly walking) or 75 minutes of vigorous-intensity aerobic activity (running) and at least

## 4 WATCH YOUR WEIGHT

Achieving and maintaining a healthy weight is important to your overall health. Being overweight can lead to serious health problems, affecting both your well-being and health care costs.

## 5 MANAGE STRESS

It's important to manage stress in order to sleep better, improve concentration, get along better with family and friends, lessen neck and back pain, and have an overall feeling of calmness.

## 6 AVOID TOBACCO + LIMIT ALCOHOL CONSUMPTION

Alcohol and tobacco use are linked to an increased chance of developing chronic conditions. Quitting or refraining from smoking and limiting or avoiding alcohol consumption are the best ways to combat such risks.

## 7 ROUTINE CHECKUPS

Regularly visiting your doctor to receive preventive care can help you maintain your overall well-being and help identify potential illness early.

## 8 GET ENOUGH SLEEP

Failing to get enough sleep can wreak havoc on your physical health, mental health and your productivity at work. Aim to get at least seven hours of sleep each night to keep your health in check.