

Name: _____

Date: _____

A Conversation Starter for Your Well-Being

The following are ALL important behaviors for your physical and mental health.

Please check which behaviors you are interested to talk with your health professional about at your next visit.

☐ EAT

Ideally, EAT MORE PLANTS! Fill your plate at lunch and dinner with colorful vegetables. Refer to our healthy shopping list resource (Include beans and root vegetables, especially sweet potatoes, red or purple potatoes, turnips or rutabagas)

Enjoy healthy starches at meals and snacks:

(Include whole grains like quinoa, brown rice or barley, 100% whole grain breads, pastas, and crackers)

Try whole, fresh or frozen fruit for a quick snack or sweet, healthy dessert.

Please eat consciously, with full involvement and a sense of gratitude. LIMIT DISTRACTIONS.

What step(s) are you ready to take?

☐ PLAY

Enjoyable moderate intensity physical activity such as walking, hiking, swimming, biking, dancing, gardening etc. for 30 minutes 5/7 days of the week is ideal. Slowly increase your exercise intensity as your body tolerates. Americans spend up to 11 hours per week with electronics. Reduce your screen time.

What step(s) are you ready to take?

☐ RELAX

Spend time daily relaxing, contemplating or creating. Make an appointment with yourself to meditate/pray. Try slow deep breathing to quiet the busy mind and smile as you exhale.

What step(s) are you ready to take?

☐ HYDRATE

Drink 2 quarts/64 ounces of water each day, consuming the first 24-32 ounces in the morning, to stimulate your elimination.

What step(s) are you ready to take?

☐ LET GO

One to two non-straining bowel movements every day is desirable. A high fiber diet (30-40 g/day), daily physical activity and hydration can help you achieve this.

What step(s) are you ready to take?

☐ SLEEP

7-9 hours of sleep at night rejuvenates the mind-body and improves overall health.

What step(s) are you ready to take?

☐ LOVE, LAUGH & SERVE....ON PURPOSE

Life purpose, personal growth and positive relationships are strongly associated with well-being and healthy aging. Loving one another, smiling, laughing and community service lightens the heart. Imagine 'YOU' embracing your life with non-judgmental love.

What step(s) are you ready to take?

Health In Motion
BECAUSE YOUR MOVEMENT MATTERS

