

Physical Wellness

Physical wellness is one of the key dimensions of overall wellness, encompassing the state of your physical health, fitness, and your ability to engage in daily activities with energy, vitality, and without undue discomfort. It involves taking proactive measures to maintain and improve your physical well-being.

Key aspects of physical wellness include:

Regular Exercise: Engaging in regular physical activity to maintain cardiovascular fitness, strength, flexibility, and overall body function. This can include activities like walking, jogging, swimming, weightlifting, yoga, and more.

Healthy Nutrition: Consuming a balanced and nutritious diet that provides the necessary vitamins, minerals, and nutrients for optimal bodily function. A well-rounded diet supports energy levels, immune function, and overall health.

Adequate Sleep: Prioritizing sufficient and quality sleep to allow your body to rest, recover, and recharge. Sleep is essential for physical and mental well-being.

Hydration: Drinking enough water to maintain proper hydration levels. Staying hydrated supports bodily functions, digestion, and overall vitality.

Stress Management: Employing

effective stress-reduction techniques, such as deep breathing, meditation, mindfulness, and relaxation exercises. Chronic stress can negatively impact physical health.

Regular Check-ups: Scheduling routine medical check-ups and screenings to monitor your health and catch any potential issues early. This includes dental check-ups, eye exams, and other preventive measures.



Avoiding Harmful Substances: Minimizing or avoiding the use of substances that can negatively impact your health, such as tobacco, excessive alcohol, and recreational drugs.

Injury Prevention: Taking precautions to prevent accidents and injuries, whether at home, during physical activities, or at work. This might involve using safety equipment, following proper techniques, and being aware of potential hazards.

Maintaining a Healthy Weight: Striving to maintain a healthy body weight through a combination of balanced

nutrition and regular physical activity. Excess weight can contribute to various health issues.

Personal Hygiene: Practicing good personal hygiene habits, including regular bathing, oral care, and hand washing, to prevent the spread of illness and maintain overall well-being.

Physical Self-Awareness: Paying attention to your body's signals and responding appropriately. If you experience pain, discomfort, or unusual symptoms, seeking medical attention is important.

Social Connection: Engaging in social activities and building positive relationships, as social connections have been linked to better physical health.

Physical wellness is a foundation for overall well-being and is closely interconnected with other dimensions of wellness, such as emotional, mental, social, and even environmental wellness. By taking care of your physical health, you can enhance your quality of life and increase your capacity to fully participate in and enjoy all aspects of life.



Self-care. Connect

Contact your EAP at
1-877-747-1200