

#SELFREMINDER

LEARNING TO  
LOVE  
YOU!

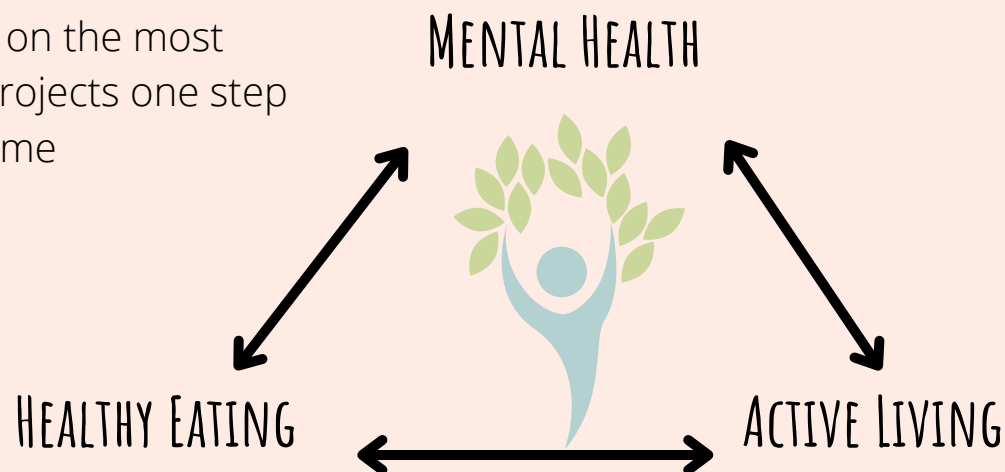


APPEAL

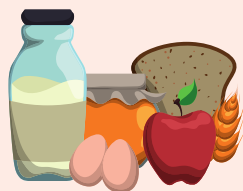
FOLLOW US FOR MORE AT @APPEALFORHEALTH

# MENTAL HEALTH, ACTIVE LIVING, & HEALTHY EATING

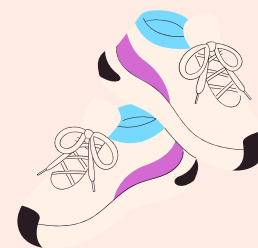
- **Slow Down:** Plan ahead so then you are not rushing
- **Get Connected:** A daily dose of friendship is the best medicine. Make time to meet up with, face time, zoom, or call family & friends
- **Laugh it up:** Laughing makes us feel good. Don't be afraid to laugh out loud even when alone
- **Get organized:** Use "to do" lists to help you focus on the most important tasks/ projects one step at a time



- **Fit in 150+:** Try to get 150+ minutes per week of moderate-intensity activity
- **Move more, Sit Less:** Get up & move throughout the day, do some activity to offset serious health risks
- **Add Intensity:** Moderate to vigorous aerobic exercise is best. Make your heart beat faster than normal!
- **Add Muscle:** Try to add weight training or resistance to your workouts at least twice a week
- **Feel Better:** Physical activity is the best for the body & brain, it helps relieve stress, improves mood, helps with sleep, & lowers your risk of chronic disease, depression, & dementia



- **Create the Healthy Plate:** Try to make each meal with vegetables, whole grains, fruits, dairy, proteins, & healthy oils
- **Limit Sodium Intake:** Try to limit sodium intake to 480 mg per serving to ensure good heart health
- **Reason to Color:** Indulge in colorful foods, it helps keep our bodies & minds healthier
- **Superfoods:** Foods that provide twice the nutritional value, (i.e. oats, legumes, dark leafy greens, nuts, skinless poultry, & yogurt)



# WAYS TO RELAX CALM YOUR MIND



STRETCH



YOGA



BREATHE



SLOW DOWN



LISTEN TO MUSIC



MEDITATE