

PHYSICAL + MENTAL A STRONG COMBINATION



WAYS TO STRENGTHEN PHYSICAL HEALTH

Building physical strength

**Start slow. This is a marathon, not a sprint.
Physical fitness is for life.**

Make time. Health is wealth.

**Aerobic fitness is the foundation
for making the heart healthy**

**Do aerobic exercises 2-3 times per week,
30 minutes per session, and keeping heart rate
between 115-130 beats per minute**

**Be strong. Build strength to increase
your ability to perform daily tasks**

**Movement over muscles. Movements such as
squats, hinges, push/pull, and planks instead
of biceps, calves, and quads.**

**Prioritize technique over lifting heavier weights.
Build coordination and technique, increase
weights slowly 1-2% per week**

**Strength train 2-3 times per week, 45-60 minutes
per session. Emphasize movements over muscles.**

**On off days, use active recovery. Pick an exercise and
maintain a heart rate of 100-120 beats per minute
for 20-30 minutes to stimulate the recovery process**

**Participate in fun activities. Play sports, spend
time outdoors - anything that provides enjoyment**

**Remember: Maintaining good physical + mental health is
a marathon, not a sprint. Keep at it to stay fit**

WAYS TO STRENGTHEN MENTAL HEALTH

Build strong coping and problem-solving skills

Manage stress before it becomes overwhelming

Make time for self-care

**Practice mindfulness to improve focus
and to calm yourself**

**Forge connections with peers and community (pursue
hobbies, join organizations, volunteer to help others)**

**Seek help with life's challenges from
professionals when needed**

**Remember the importance of positive self-talk.
Counter every negative thought with at least
two positive thoughts**

**Set healthy boundaries. Know it is OK to
say "no" or "not right now"**

**Get adequate rest, which helps to maintain mental
sharpness (attention, learning, and memory)**

**Increase self-awareness by reflecting on past
experiences to better understand personal identity to
help reach self-confidence.**

**Identify unmet needs to increase awareness regarding
what is needed in that moment to help better control
emotions and behaviors**

**Practice mindful self-compassion to enhance emotional
well-being, resilience, and self-acceptance
(accept self in a moment of failure)**