

The 4 pillars of health

Taking care of your body isn't just good for your physical health – it can also improve your emotional well-being. For best results, try for a balance of these four components of wellness.



Nutrition



Exercise



Relaxation



Sleep

These pillars work together to keep your **mind and body** healthy.



Aim for
5

servings of fruits and vegetables a day

Nutrition

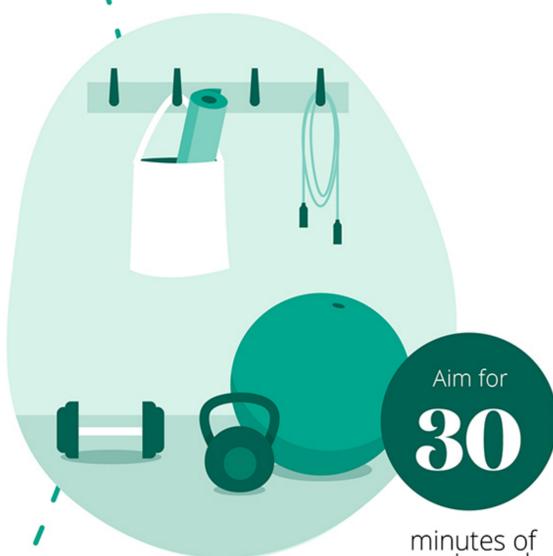
A healthy diet promotes bacteria in the gut that helps “feel good” signals get through to the brain.

Tip: Make healthy food swaps, like trading white rice, pasta and bread for whole-grain versions.

Exercise

Moving your muscles produces endorphins and a chemical that helps the brain deal with stress.

Tip: Walking, aerobic exercises, weight training, and yoga or Pilates are all good activities to consider when starting a fitness plan.



Aim for
30
minutes of exercise a day



Aim for
10-20

minutes of deep breathing practice a day

Relaxation

Mentally unwinding can reduce stress and anxiety as well as increase energy and focus.

Tip: Deep breathing, visualization and meditation are all effective relaxation techniques.

Sleep

A good night's sleep helps lower stress, improve concentration and boost emotional stamina.

Tip: Put away electronic devices an hour before bedtime. Their light can confuse your internal clock.



Aim for
7-9
hours of sleep a night