



Week 2: Build a Strong, Healthy Body

A strong, healthy body is one of your greatest assets. It helps reduce stress, lowers the risk of disease, boosts energy, and can even add years to your life. The choices you make every day—what you eat, how you move, and how well you sleep—play a powerful role in keeping your body at its best.

Eat Well, Feel Well

Choosing what to eat matters. Nourishing your body with the right foods fuels energy and supports a healthy body.

-  **Eat a variety of whole foods—vegetables, fruits, grains, beans, lean proteins, dairy.**
-  **Limit foods low in nutrients—especially processed foods.**
-  **Reduce added sugars.**
-  **Swap saturated fats for healthier options like olive oil.**
-  **Increase fiber intake.**
-  **Choose complex carbs for lasting energy.**
-  **Be mindful of high-sodium foods.**
-  **Stay hydrated.**



Sleep Soundly, Live Fully

Quality sleep is essential for both your body and mind.

-  **Go to bed and wake up at the same time each day.**
-  **Avoid caffeine 8-10 hours before bedtime.**
-  **Turn off electronic devices at least 1 hour before bedtime.**
-  **Skip daytime naps to improve nighttime rest.**
-  **Keep your bedroom cool, dark and quiet.**
-  **Avoid alcohol before bed.**
-  **Make your sleep space comfortable with cozy bedding.**



POWER TOOL!

Get Moving! Sitting too much can take a toll on your health. Movement does wonders for your body. Even small bursts of movement can make a big difference!

Simple ways to move more throughout your day

Take the stairs ● Park farther away ● Walk on a treadmill or in place while watching TV ● Take a walk during lunch ● Stand while working on your computer ● Try an on-line workout or exercise class ● Set hourly reminders on your phone to get up and move for 2 minutes

Build strength safely

Start with light weights and build gradually ● Focus on smooth, controlled movements ● Avoid locking your joints ● Breathe steadily—don't hold your breath during exercises ● Pay attention to how your body feels and adjust as needed