

My WellPath: Physical Wellbeing

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Physical Wellbeing



Physical Wellbeing centers around common health and fitness endeavors, including proper nutrition, physical activity, and other pursuits that support bodily health. Working out regularly and eating a whole foods diet are examples of physical wellbeing.

Explore resources below for the following topics:

- Establishing healthy habits
- Nutrition
- Physical activity & exercise
- Maintaining a healthy weight
- Sleep habits

My WellPath Journal

My WellPath Physical Wellbeing Journal

- [Digital Journal](#)  (fill-in electronically and save)
- [Printable Journal](#)  (print and write in)

Establishing Healthy Habits

[Mindset for Lifestyle Changes Video Series](#) (LifeWorks EAP)

[Setting SMART Goals for Health](#) (LifeWorks EAP)

[Maintaining Healthy Habits when Life Changes](#) (LifeWorks EAP)

[5 Ways to Kick a Bad Habit for Good Infographic](#) (LifeWorks EAP)

[Changing Your Habits for Better Health](#) (NIH)

[Physical Wellness Checklist](#) (NIH)

[Physical Health Impacts Mental Wellbeing](#) (AVMA)

[How Staying Active Helps Wellbeing](#) (LifeWorks EAP)

Apps to help you adopt new healthy habits:

- [Habit Bull](#)
- [Habitica](#)

Nutrition

[Building Conscious Eating Habits Video Series](#) (LifeWorks EAP)

[Taking Care of Yourself: Commit to Eating Healthily](#) (LifeWorks EAP)




[Drinking Water for Health](#) (LifeWorks EAP)

[Nutrition Tools & Resources](#) (NIH)

[Meal Planning to Make Healthy Food Choices](#) (LifeWorks EAP)

[Eating Well: Planning Healthy Meals Podcast](#) (LifeWorks EAP)

Healthy Recipe Websites & Resources

- [Cooking Light](#)
- [Eating Well](#)
- [Healthy Recipes from the New York Times](#)
- [Saving Dinner](#)
- [Weelicious](#)
- [Wholesome Yum](#)
 - [30 Easy Low Carb Recipes in 30 Minutes or Less](#) 
 - [Top 10 Under 10 \(grams of carbs\) Low Carb Recipes](#) 
 - [Keto & Low Carb Food List](#) 

Physical Activity & Exercise

[Taking Care of Yourself: Get Exercise](#) (LifeWorks EAP)

[Quick Tips for Starting and Sticking with an Exercise Program](#) (LifeWorks EAP)

[How to Be Active without Joining a Gym](#) (LifeWorks EAP)

[How To Be Active and Stay Fit At Home](#) (LifeWorks EAP)

[Walking for Exercise](#) (LifeWorks EAP)

[Healthy Aging: Physical Activity & Exercise](#) (NIH)

[Getting Fit and Doing It Your Way](#) (LifeWorks EAP)

[Workday Workouts Webinar](#) (LifeWorks EAP)

Check out the [LifeWorks LIFT App](#) with custom fitness programs!

Maintaining a Healthy Weight

[Quick Tips for Starting and Sticking With a Weight Loss Plan](#) (LifeWorks EAP)

[Why Nutrition is the Key to Weight Loss](#) (LifeWorks EAP)

[Weight Loss Toolkit](#) - Includes Health Calculators & Tracking Apps (LifeWorks EAP)

[Weight Management](#) (NIH)

[The Risks of Being Underweight](#) (LifeWorks EAP)

Improve Your Sleep

[Getting a Good Night's Sleep](#) (LifeWorks EAP)

[Sleep Health Toolkit](#) (LifeWorks EAP)

[Napping Tips to Improve Focus and Performance](#) (LifeWorks EAP)

[17 Proven Tips to Sleep Better at Night](#) (Healthline)

[The Effects of Deep Sleep and How to Improve It](#) 

Resources in the Vets in Mind App

Download the Vets in Mind App from the Apple App Store or Google Play Store.

From the Home screen go to "Browse news, resources and stories" section and look for the following categories:

- Yoga
 - And Breath...
 - Eating Issues
 - Sleep Problems?
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