



EXERCISE

- Improves mental health and mood
- Strengthens bones and muscles
- Helps lower or control blood pressure
- Lowers the risk of heart disease and type 2 diabetes

Adults need:

- 2.5 hours of moderate aerobic activity each week



Easy Bike Riding



Gardening



Cleaning



Walking

- Muscle strengthening exercise at least 2 days each week



Yoga



Pushups



Resistance
Band Training



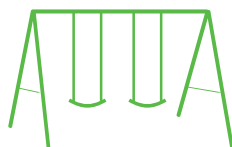
Situps



Lifting
Weights

Children need:

- At least 1 hour of physical activity every day
- Intense activity at least 3 days each week
- Muscle and bone strengthening exercises at least 3 days each week



Integral Care offers wellness groups, exercise and nutrition programs for people interested in learning ways to lead a healthy life. Contact your caseworker for more information.



RELAXATION

- Relieves stress, anxiety and pain
- Improves mood and decreases blood pressure
- Boosts the immune system and reduces heart problems



Take a walk
outside



Listen
to music



Close your eyes
Breathe deeply and slowly



Stretch or
do yoga



SLEEP

- Improves memory and sharpens attention
- Helps maintain a healthy weight and lowers stress
- Prevents accidents due to sleepiness



Limit caffeine in the
afternoon and evening



Keep room a cool and
comfortable temperature



Avoid screens an
hour before bedtime



Set a regular
sleep schedule

How much sleep do you need every night?



Preschool-aged child
11-12 hours



School-aged child
10 hours



Teenager
9-10 hours



Adult
7-8 hours

If you feel that sleep problems are affecting your work or personal life, talk to your doctor.