

Physical Wellness

Physical Wellness recognizes the need for regular physical activity. Physical development encourages learning about diet and nutrition while discouraging the use of tobacco, drugs and excessive alcohol consumption. Optimal wellness is met through the combination of good exercise and eating habits. As you travel your wellness path, you'll strive to spend time building physical strength, flexibility and endurance while also taking safety precautions so you may travel your path successfully, including medical self-care and appropriate use of the medical system. This dimension of wellness entails personal responsibility and care for minor illnesses and knowing when professional medical attention is needed. Through this wellness path you will be able to monitor your body's warning signs and understand and appreciate the relationship between sound nutrition and how your body performs. The physical benefits of looking good and feeling terrific most often lead to the psychological benefits of enhanced self-esteem, self-control, determination and sense of direction.



"Nurturing yourself is not selfish – it's essential to your survival and your well-being."

~Renee Peterson Trudeau

Steps for improving Physical Wellness

- Exercise three times a week, 20-30 minutes per session
- Use the stairs instead of the elevator or escalator, and walk whenever possible
- Get consistent and adequate sleep
- Use seat belts and helmets, and encourage others to do so
- Learn to recognize early signs of illness
- Listen to your body
- Practice safe sex
- Eat breakfast - it's the most important meal of the day
- Eat a variety of healthy foods
- Stop smoking and protect yourself against second-hand smoke
- Control your meal portions and try to eat smaller, more frequent meals throughout the day
- Use sugar, salt, fat and alcohol in moderation

On-Campus Resources for Physical Wellness: **HEALTH SERVICES**

What we do: The Health Services professional staff assists students, faculty and staff, providing them with health information and medical attention. The Health Service staff believes that good health plays an important role in helping students achieve their educational goals.

To learn more about our services or to schedule an appointment, call (518) 629-7468 or email us at healthservice@hvcc.edu



PHYSICAL WELLNESS FOLLOWS THESE TENETS:

- It is better to consume foods and beverages that enhance good health rather than those which impair it.
- It is better to be physically fit than out of shape.

NATIONAL WELLNESS INSTITUTE, INC.



The State University
of New York