

Small Changes/Big Impact: Simple ways to make positive changes when it comes to Physical Wellness

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Going to the gym for the first time can be daunting. Cooking a healthy meal seems more complicated and less appealing than ordering takeout. Sleeping sounds perfect but the social pressure to not give up a night out might get the best of you.

Whatever the reason for not starting your physical wellness journey, know that you are not alone. A lot of people feel like you, but you can overcome the mental block of taking matters into your hands.

Here are small things that are easy and affordable that you can start doing to take care of your Physical Wellness:

1. Get your body moving

1. Take a walk around the neighborhood or take the opportunity of nice weather to enjoy a walk in the park or near the lake.
2. Bike with some friends at Toronto Island.
3. Instead of taking the subway or streetcar for just a few stops, see if you can instead just walk.
4. Follow workout channels on YouTube and work out in the comfort of your own home.

2. Eat a healthy and balanced diet

1. Eat less salt - on average an adult should eat 6g a day.
2. Don't skip breakfast.
3. Eat vegetables and fruit regularly – you can even make some very tasty recipes with them and use them as a snack.
4. Limit processed foods – the important nutrients are removed during the process of making these foods, adding more salt and sugar.

3. Drink water

1. Set a daily goal.
2. Keep a filled reusable water bottle with you throughout the day.
3. Get into the habit to drink a glass of water before each meal.
4. Flavor your water – you can put slices of cucumber and lime, strawberries, and any other fruits/vegetables you like.
5. Eat your water - stay hydrated by eating vegetables and fruit high in water.

4. Get a good night of sleep

1. Follow a sleep schedule.
2. Get at least 7 hours of sleep.
3. Don't consume caffeine after noon.
4. Do something relaxing before going to bed.

5. Be mindful when taking substances

1. When drinking think about yourself the next day – are you going to regret drinking or not? If yes, don't.
2. Mindfully smoke – before smoking think about what you are feeling, if after you smoked you felt the same or worse, maybe it wasn't worth it.

6. Take care of your personal hygiene

1. Wash your hands often - after going to the toilet, handling pets or when you come back home, and before eating are good practices.
2. Brush your teeth twice a day and don't forget to floss.
3. Wash your body and hair regularly.
4. Cut your nails when needed.
5. Wash your clothes regularly.

7. Don't skip doctor's appointments

If you feel sick or have any symptoms that you might be worried about don't hesitate to go to the doctor. Also, doing regular checkups with your primary care physician, or any doctor you might need to do examinations with often, is a great way to keep your health status updated and do the necessary precautions/actions.

Start implementing your daily life with a few of these activities and you will see a positive reaction from your body and mind. Remember that it doesn't take much to take care of your Physical Wellness.

