Eating well, exercising and caring for yourself will help not only add years to your life, but enhance the quality. Tips for optimal physical wellness are:

- Adequate exercise
- Proper nutrition
- Abstaining from harmful habits such as drug use and alcohol abuse
- Practicing medical self-care for minor illnesses
- Getting regular medical checkups
- Getting adequate rest
- Using protective equipment such as seat belts and helmets

Explore the Physical Dimension by...

- Getting a physical
- Going for a hike
- Trying a new activity
- Attending a fitness class
- Renting equipment at the ORC
- Joining a recreational league
- Taking a smoking cessation class
- Wearing a pedometer
- Taking deep breaths
- Performing a testicular or breast exam each month