



How to Take Control of Your Health

Learn 4 practical tips to help you become more resilient during times of uncertainty.



1. Fitness

The recommended amount of weekly exercise is 150 minutes of moderate-intensity aerobic activity, or 75 minutes of high-intensity aerobic activity. Make it a habit by scheduling a designated time to work out in your calendar each week.

Quick Tip

Find a partner and sign up for a fitness competition or challenge (such as a Wellbeats challenge) together. Establish a reward once complete and check in with each other each week to track progress.



2. Mindfulness

Take at least 10 minutes each day to engage your senses and observe the present moment. This can help your busy brain focus and improve self-awareness and concentration during the day-to-day grind.

Quick Tip

Keep a daily gratitude journal on your bedside table and write down 3 things you are grateful at the start of each new day.



3. Nutrition

Consume a well-balanced diet of healthy carbohydrates, protein, and fats. Aim for mostly whole grains, fruits, and vegetables, and avoid refined carbs and added sugar. Don't forget to hydrate throughout the day – aiming for approximately half your bodyweight in ounces of water daily.

Quick Tip

Drink a full glass of water before each meal and take a sip between bites.



4. Sleep

Try to maintain at least 7 hours of sleep each night. Stick to waking up and going to bed around the same time every day (including weekends). Avoid drinking coffee or other caffeinated beverages late in the day.

Quick Tip

Establish a pre-sleep routine to train your body and mind to wind down. Examples include listening to relaxing music, reading a book, taking a bath, deep breathing, or gentle yoga.



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