

Physical Health Insights: #OwnYourMark

Body awareness has several benefits that positively impact physical health.

We are going to cover the physical health aspect of the body from head to toe.

Physical health aspect of your BODY

- **Head** – houses your brain and this is where your thoughts start. The importance of mind shifting can close the gap on negative thoughts. Shifting your perspective on the two areas of focus below:
 - Multitasking : your brain can't learn or concentrate on two things at once. You are actually toggling back and forth between tasks. You are decreasing your attention span, ability to learn, short term memory and overall mental performance.
 - Rest: sharpens your attention, improves memory and lowers your stress/keeps your heart healthy.
 - **Tips:**
 - Turn off music/television/Laptops/alerts while working.
 - Activate the blue light reduction on your cell phone or dim the screen light before bedtime.
 - While sleep requirements vary slightly from person to person, most healthy adults need between **7 to 9 hours** of sleep per night to function at their best. [Ref: [How Much Sleep Do You Need? - HelpGuide.org](#)]
- **Neck/Shoulders/Back** – we feel like we carry the weight of the work in these three parts of our body.
 - **Quick exercise Tip:**
 - Take a deep breath in (closing your eyes and rolling your shoulders into your back) and on the exhale allow your shoulders to fall into a resting position...releasing every thought/pressure that is not serving you.
- **Chest** – houses many of our organs, today we are going to emphasize heart health. The Centers for Disease Control and Prevention (CDC) report over 650k people in the United States die from heart disease each year.
 - **Tips:**
 - Physical activity lowers your risk for many disease including heart disease. Move Daily: walking , running, dancing, swimming, yoga and gardening. Consult your physician before adding physical activity to your routine.
- **Upper extremities (Arms/wrists/hands/fingers)** – for those of us working on laptops or engaging in manual labor. Be aware of overuse that could lead to joint pain, muscular or soft tissue issues.
 - **Tips:**
 - **For laptop users – Desk press:**
 - While seated, place your palms face up under a desk or table.
 - Press upwards against the bottom of the desk.
 - Hold for 5 to 10 seconds. [[10 Stretches to Help Your Wrists and Hands \(healthline.com\)](#)]
 - **Manual labor**
 - **Tennis ball squeeze**
 - Squeeze a tennis ball or stress ball firmly for 5 to 10 seconds.
 - This should not be painful. However, it should allow you to strengthen your wrists.

Physical health aspect of your BODY

- **Abdomen** – The human gut is more complex and has a huge impact on whole-body health. A healthy gut contributes to a strong immune system, heart health, brain health, improved mood, healthy sleep, and effective digestion.
 - **Tips to improve gut health**
 - Work with your physician to identify food intolerances
 - Reducing the amount of processed, high-sugar, and high-fat foods that you eat can contribute to better gut health.
 - Increase high fiber foods like beans, peas, oats bananas, berries and asparagus.
- **Pelvic** - is the best possible functioning and management of the bladder, bowel, and reproductive organs.
 - **Tips:**
 - Meditation and guided relaxation can help loosen overly tight pelvic muscles.
 - Avoid constipation by consuming ample fluids and fiber and exercising regularly.
 - Dietary changes can improve stool consistency, which can help with bowel leakages
- **Buttocks** – to relieve pain and reduce risk of injury for those sitting for long periods of time
 - **Tips:**
 - Stand throughout the day. Engage with the alert on your watch if applicable by standing/moving around for 1 full minute every hour.
 - Partner with a chiropractor in your area
 - Engage in yoga and light stretching guided by a professional
- **Lower extremities (Thighs/knees/ankles/feet/toes)** – to relieve pain and reduce risk of injury for active and non-active persons.
 - **Tips:**
 - Maintain a healthy weight. Carrying around excess weight places tremendous pressure on your knees.
 - Strengthening the muscles and joints improves range of motion and protects cartilage

Reclaim Your Physical Health #OwnYourMark

- **B** – Believe that the time is now.
- **O** – Outline your health goals.
- **D** – Dedicate time daily to get self focused
- **Y** – You get one body. Take ownership

Practical Tips to Reclaim your Health

- Partner with a professional (your physician, health coach, personal trainer, therapist, mentor etc.).
- Be intentional and realistic with your goals and projected outcomes.
- Move every day for at least 10 – 45 mins.