

Five Pillars of Health & Well-Being

Activity



MIND · BODY · SPIRIT



Activity: Physical activity is fundamental to the circulatory and respiratory systems and produces bio-chemicals such as endorphins that promote positive emotions and brain functions.

TIPS

- Strive for a minimum of 30 minutes of moderate exercise (ex: walking, hiking, biking) 4 – 5x per week to build endurance
- Stretch daily for flexibility
- Strength train with weights 3 times a week. Don't be afraid to lift weights. Strong muscles protect your body and can help prevent osteoporosis.
- Even everyday tasks count as activity: vacuuming, yard work, gardening, dancing, etc.
- Start a new activity just for 5-10 minutes. If you are enjoying it, keep going. If not, try something new.
- Start with small gains and slowly increase your goals. You'll get stronger each day.



Integrative health and medicine focuses on the health and well-being of the whole person — mind, body and spirit. It addresses the impact of lifestyle, environment, and genetics on an individual's health and well-being. We approach care and service from our Five Pillars of Health and Well-Being: Sleep, Activity, Purpose, Nutrition and Resilience. Our mission is to help you cultivate long-term behaviors that will foster a healthy, happy, and long life.

To learn more, please call 732-263-7999. Visit us online to learn about our events and more: HackensackMeridianHealth.org/IntegrativeMedicine
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