

# Physical Wellness

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# Introduction: Physical Wellness

- Physical wellness is listening to and taking care of your body for optimal health and functioning
- Taking care of your physical body will help you get through the stress that comes with
- Physical wellness is often associated with physical activity, but there is much more to it
  - Including: nutrition, illness prevention, sexual health, health & medication management, sleep, stress and coping, etc.

# Physical Wellness

## UNH Occupational Therapy Department



### What is physical wellness?

Physical Wellness is listening to and taking care of your body for optimal health and functioning. Taking care of your physical body will help you get through the stress that may come with daily life. Physical wellness looks different for everybody. Learn what you can do for your body to stay physically well throughout life.

### What are components of this area?

Physical wellness takes many areas of life into account. These include, but are not limited to nutrition, illness prevention, physical activity, sexual health, sleep, management of acute or chronic conditions, and stress. Understanding how your body works and becoming aware of your physical self is important to physical wellness.



### What can you do?

Small changes in daily routines can support positive physical wellness. Check in on your physical wellness by asking yourself what you do in your life to positively impact the many areas of physical health noted above. This may include: Am I getting enough sleep? Are the foods I eat nourishing my body? Do I allow my body time for healthy movement?



# Physical Wellness Activity: Kickboxing

- This activity can be done seated or standing
- Make sure to take rest breaks when necessary
- Remember to breath throughout the activity
  
- Stand with feet shoulder width apart
- Bend your knees when you step forward

# Breathing Exercise

## Exercise #2: Belly Grab

- Sit in a chair or lie flat on the floor, and place one hand on your stomach and one on your chest.
- Begin breathing, concentrating on moving the hand on your stomach while keeping the hand on your chest still.
- On each exhale, focus on squeezing your abs to force out the air.



# Closing Questions:

- What did you enjoy about the activity?
- Were there any challenges you had during the activity?
- What did take away from this session?
- How can/do you incorporate physical activity into your everyday lives?

