



# PREVENTION & WELLNESS PHYSICAL HEALTH

California Department of Developmental Services



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A healthy lifestyle means making choices that help your health. Think about how to be healthy in all areas of your life, including the food you eat, exercise, sleep, and handling stress. It also means being proactive, like going to the doctor and dentist. It is important to make healthy choices in all these areas of our lives and understand how they may prevent or reduce serious health problems.

## Helpful Tips to Improve Physical Activity

Make physical activity a part of your daily routine:



Include 20-25 minutes of physical exercise or activity in your daily schedule.

At least once a day, go to places where you can be active like public parks, hiking trails, basketball courts, or shopping trips.

Help with yard work, like gardening, sweeping, or raking.

Instead of watching television after dinner, take a 15-minute walk.



## Physical Activity (Continued)

Find places where you can exercise and are a good fit for you.

Buy or borrow inexpensive equipment that encourages physical activity like a kickball, hula hoop, beachball, or resistance bands.

When exercising, remember to stay hydrated!

Consider how physical limitations (including pain) may affect physical activity.

Speak to your doctor to understand what you can do and how exercises or activities can be modified.

Source: [CDC](#)

