

PHYSICAL FITNESS

Physical Fitness is the ability to adopt and sustain healthy behaviors needed to enhance health & well-being.

KEY TENENTS OF PHYSICAL FITNESS:

Endurance	The body's ability to continually accomplish the same tasks in a repetitive fashion.
Recovery	Practices that restore energy and counterbalance stress that can offset adverse mood and deteriorating performance.
Nutrition	The provision and consumption of food in quantities, quality, and proportions sufficient to promote optimal physical performance and to protect against disease and/or injury.
Strength	Ability to generate force and power, thus lowering the relative work required to complete desired objectives.

TIPS FOR RECHARGING PHYSICAL FITNESS:

- **Establish good self-care.** Maintain healthy habits such as exercise and adequate sleep. Regular physical activity can help your better deal with stress. Proper sleep health would include at least 7-8 hours of restorative sleep each night.
- **Take long weekends.** Feeling mentally and physically exhausted may also be a sign that you need to take some time off. Instead of a two-week vacation, you might obtain greater benefit from regularly taking three day weekends.
- **Set healthy limits.** Find a way to manage expectations in your workplace so that you do not become overextended.
- **Support your mood and energy levels by eating healthy snacks.** Avoid sugary snacks that can lead to fluctuations in blood sugar and may cause a crash in mood and energy. Instead try fresh fruits, nuts, cheese and whole grain crackers.

RESOURCES AND LINKS PHYSICAL FITNESS:

- **National Institutes of Health (Sleep)** <http://www.nih.gov/health-information>
- **Center for Disease Control (Physical Activity)** <http://www.cdc.gov/physicalactivity/basics/pa-health>
- **U.S. Department of Agriculture (Nutrition)** <http://www.choosemyplate.gov>