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# Wellness Checklist

## **Cardiovascular (2-3x/week)**

Per recommended guidelines of Heart Rate target. At least 20 minutes to 30 minutes per attempt.

## **Daily movement**

Move each joint each direction to max comfortable range at least 1x/day  
(Think rotation, forward/backward, and side to side as possible)

## **Water Intake**

½ ounce per body weight. Weather should be taken into account, i.e. sweating.  
(see intake guidelines for further information)

## **Sleep/Relaxation**

7-8 hours of sleep, perform at consistent times to maintain circadian rhythm  
(see Relax Handout for more information)

## **Breathing**

Focused breathing 3x/day. 5 seconds in/10 seconds out belly breathing for 3-5 minutes.

## **Sitting Habits**

Modify to sit to stand desk, take stand break every 45 minutes. Try not to sit longer than 1 ½ hours at one time without moving.