



## Tips to Achieve and Maintain Physical Wellness

As the Amway River Bank Run gets closer, we hope you're getting ready for the race of your choice. As you consider your distance, you may wonder if a marathon runner and someone running just one mile both be considered physically well. According to Bob Tully at the Nutrilite Center for Optimal Health, a certified personal fitness trainer, the answer is yes!

"We are all dealt a different genetic hand," said Tully. "We may be tall, short, muscular, lean—physical wellness doesn't have a particular 'look'.

Tully explained physical wellness means taking steps to maintain the functionality and efficiency of your physical being. "Physical wellness is being able to do simple things like stand, play, run and other active things that contribute to your quality of life."

To do that, however, you must be physically active. If that's not part of your current lifestyle, start small, building activity into your day through choices like using stairs instead of elevators or picking a parking spot with a further walk.

Tully has additional advice to help stay motivated:

- **Know your "whys":** Why is being physically well important to you? Is it your children? Your spouse? Your quality of life? Knowing your "whys" will help motivate you to make better (but sometimes harder!) choices.
- **The only person who needs to believe in you is you.** Finding like-minded people in fitness or online classes is great, but ultimately, you're the one making the tough choices and you need to believe that you can.
- **Don't beat yourself up—we all fall down sometimes.** Skipping a week of exercising or eating an unhealthy meal doesn't mean you're weak—it just means you're human! Move past it, get back up and try again.
- **Celebrate your accomplishments.** Did the scale go down? Were those stairs easier to climb? Celebrate small accomplishments—they add up to the bigger victories.

Physical wellness is one of the aspects being studied for the [Wellness Living Laboratory \(WELL\)](#) at Stanford University. WELL for Life is a first-of-its-kind study analyzing the various components of wellness and their effect on long-term wellness and healthy aging. The study, funded in part by a gift from Amway, will include more than 30,000 people globally, lasting several years.

A good first step in your nutritional health could be to include a daily Nutrilite Double X Multivitamin. Ninety-four percent of us don't get enough nutrients from our diet. Nutrilite Double X is the perfect supplement for men and women because it offers a balance of vitamins, minerals and phytonutrients. Learn more today at [www.Amway.com](http://www.Amway.com).