Wellness Message

What exactly does it mean to be fit?

We can all try to be "fit" in different areas of our lives. Some of us might strive to become physically fit, while others may work to become more socially fit.

The true definition of fit is to be sound physically and mentally. In our opinion, becoming fit is not temporary, but a true lifestyle change. If we were to sum up becoming fit in one word it would be:

**Balance**

There are many steps to become fit both physically and mentally, to finally achieve that balance in life. For example, a person may feel as if they have reached their physical goals, but are still not able to keep up with their jobs or relationships, and vice versa.

There are some basic steps that one should strive to accomplish every day to finally achieve both, mental, physical, and social fitness.

Here are some examples of goals that could be incorporated into every person’s daily schedule. All the goals together would help to create a balance in one’s life to provide ultimate fitness.

- 5 servings of fruit/vegetables
- 64oz of water
- No soda
- 30 minutes of exercise
- Quality time with family/friends
- Dinner at home
- Eat Breakfast
- Lunch at work
- Adequate rest
- Do something you enjoy

What is the challenge?

Try to reach each one of these goals every day in order to achieve true fitness. Keep track of them to see which ones you do perform each day in a journal or chart.

Are you up to the challenge?