

Maintaining good health and wellness is about fitness, nutrition and general mental and physical well-being. To establish a lifetime of good health, ask your NP about a Simply Health plan designed especially for you. Be sure to ask the questions listed in each of the areas below in order to maintain your vitality and good health!



Fitness:

- What kind of exercise should I consider doing?
 - Walking
 - Running
 - Yoga
 - Other
- How often should I exercise?
- What are the benefits of regular exercise?

Nutrition:

- What foods should I include in my daily diet?
- Is there a recommended dietary guide I should follow?



Wellness:

- How can I relieve stress?
- What prevention measures should I pursue?