

# Download Wellness Guidelines For A Healthy Lifestyle

Eat a variety of healthy foods. Not all the nutrients and other substances that contribute to good health have been identified, so eating a wide assortment of healthy whole foods like fruits and vegetables helps ensure that you get all of the health-promoting benefits that foods can offer. Workplace wellness is any workplace health promotion activity or organizational policy designed to support healthy behavior in the workplace and to improve health outcomes. Known as 'corporate wellbeing' outside the US, workplace wellness often comprises activities such as health education, medical screenings, weight management programs, on-site fitness programs or facilities. MDHHS is committed to creating a healthier Michigan, and reducing obesity is a key priority. Michigan has one of the highest obesity rates in the nation; 31 percent of adults and 17 percent of youth are obese. 2015-2016 Adult Wellness Guidelines Making Preventive Care a Priority \* Recommendations may vary. Discuss the start and frequency of screenings with your doctor, especially