

Social Wellness Checklist

Positive social habits can help you build support systems and stay healthier mentally and physically. Here are some tips for connecting with others:



GET ACTIVE TOGETHER

Physical activity has many benefits. It can improve your health, mood, and energy levels. But sometimes, the inspiration to get moving may be lacking. That's when friends, family, and other social connections can help. Research has shown that connecting with others, called social support, can help you get active and make changes to improve your health.

TO GET MOVING WITH OTHERS:

- ☐ **Build your network.** Find a group for people with shared interests, like a walking, hiking, dancing, or biking club.
- ☐ **Make a shared routine.** Commit to a walking schedule with a neighbor, family member, or friend.
- ☐ **Be accountable.** Share your physical activity goals with people you trust. Ask for their support.
- ☐ **Take a class.** Try a yoga, tai chi, or fitness class with a friend. You can even take a virtual class online with a friend.
- ☐ **Join a team.** Look for local sports teams, like softball.
- ☐ **Family activity.** Join your kids for a bike ride or other activity.
- ☐ **Get dancing.** Go to a local dance or take dance classes.
- ☐ **Move more at work.** Join worksite wellness or walking groups.



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