

# Simple Activities to Help Reduce Doctor Visits & Stay Healthy



Keeping your **body and mind active** can help reduce the number of doctor visits you need. Look through the activities below for ways to keep yourself well.

## Cons of Going to the Doctor Often



Lost time



Cost



Increased stress

## 6 Easy Activities You Can Do Daily

### 1 Meditate



**Why:** Helps to improve **mental health** and clarity

**Tip:** Take breaks throughout the day to meditate for five minutes

### 2 Dance

**Why:** Gets your **blood pumping** and your body moving

**Tip:** Sign up for a dance class so you can also get to know people



### 3 Ride a Bike

**Why:** Easy on the **joints** and gets your blood pumping

**Tip:** Go on a bike trail you've never been on for a new adventure



### 4 Do Yoga

**Why:** Helps **relieve stress** and strengthen your muscles

**Tip:** Do some yoga sequences before bed to help you wind down for the day



### 5 Go on a Walk

**Why:** Helps you **relax** and get your body moving

**Tip:** Take your dog or a friend with you for company



### 6 Volunteer

**Why:** Feel a sense of purpose and gain perspective to boost your mental health

**Tip:** Bring a friend for extra help



## How To Prepare for Your Annual Wellness Visit



Make sure your doctor offers **wellness visits**.



Make a list of your **medications**.



Make a list of all your **health care providers**.



Fill out any **online paperwork** or forms beforehand.



Write down any **questions** you may have.



Make sure it's been at **least a year** since your last visit.