

KEY MESSAGES

- Mental health is essential to everyone's overall health and well-being, and mental illnesses are common and treatable.
- So much of what we do physically impacts us mentally. Paying attention to both your physical health and your mental health can help you achieve overall wellness and set you on a path to recovery.
- A healthy lifestyle can help to prevent the onset or worsening of mental health conditions, as well as heart disease, diabetes, obesity and other chronic health problems. It can also help people recover from these conditions. Taking good care of your body is part of a Before Stage Four approach to mental health.
- Eating healthy foods, managing stress, exercising, and getting enough sleep can go a long way in making you both physically and mentally healthy.
- Getting the appropriate amount of exercise benefits nearly all aspects of a person's health. Not only does exercise help control weight, it also improves mental health, and chances of living longer and healthier.
- Recent research is connecting your gut health with your mental health. So, when it comes to diet and nutrition, it's all about finding the right balance of nutrients to benefit both the mind and body.
- Sleep plays a role in all aspects of our life and overall health. Getting a good night's sleep is important to having enough physical and mental energy to take on daily responsibilities.
- Stress has a huge impact on our lives and can make even day-to-day life difficult. Research shows that stress is closely linked to high blood pressure, heart disease and obesity. It also shows that people who feel depressed or chronically stressed may have a greater risk of physical illnesses.
- Living a healthy lifestyle may not be easy but can be achieved by gradually making small changes and building on those successes.
- By looking at your overall health every day – both physically and mentally – you can go a long way in ensuring that you focus on your *Fitness #4Mind4Body*.

Feel free to supplement these key messages with the assortment of statistics, quotes and tips included in the fact sheets.