

Clergy Wellness Benchmark Report

Physical Wellness



West Ohio Conference
The United Methodist Church

#1 OVERALL HEALTH

- Primary Care Physician
- Annual Wellness Exam
- 7-9 hours of sleep per night

#2 ACTIVE LIVING

- 10,000 steps daily
- Regular Exercise
- Accountability & Support to meet goals

#3 HEALTHY EATING

- 5 servings of fruits and vegetables daily
- Minimize high sugar drinks
- Manage portion sizes
- Stay hydrated

