

JANUARY 25, 2025

INTERNATIONAL INTEGRATIVE HEALTH DAY

WHAT IS INTEGRATIVE HEALTH?

Integrative health treats the whole person—body, mind, and spirit—by incorporating:

- **Conventional Treatments:** Proven medical practices
- **Complementary Therapies:** Practices like acupuncture, yoga, and mindfulness
- **Lifestyle Approaches:** Nutrition, exercise, and stress management



WHY IT MATTERS

- ✓ Improve overall quality of life
- ✓ Promote sustainable wellness habits
- ✓ Address physical, mental, and emotional well-being in a personalized way

WHERE TO START

- ✓ **Start Small:** Incorporate mindfulness through 5-minute breathing exercises.
- ✓ **Nourish Wisely:** Choose balanced, whole-food meals.
- ✓ **Get Moving:** Add gentle activities like yoga or daily walks to your routine.
- ✓ **Prioritize Sleep:** Establish a calming bedtime routine for better rest.
- ✓ **Build Connections:** Foster supportive relationships for emotional well-being.

Learn More

Visit the National Center for Complementary and Integrative Health:
www.nccih.nih.gov

