

Feel Well. Live Well.

This Year's Health "To-Do" List: 16 for '16



1 Try one new fruit or vegetable every week.



2 Drink your water!
(carry a water bottle to ensure you get enough each day!)



3 30 minutes of activity at least 5 days a week (start with 10 minutes and work your way up!).

4 Eat your breakfast.

5 Cook and eat one more meal at home together each week.

6 Get your sleep.



7 Health Exam.
(including all preventive screenings for your gender/age).

8 Eye Exam.



9 Dental Exam.

10 Next potluck you go to: prepare a healthy food item to take.

11 Get your family health history down on paper (or loaded into an app).



12 Quit Smoking (or help someone else quit).



13 Daily Relaxation (not watching TV): Meditate. Do Yoga. Take a Bath. Deep Breathing. Even 10-15 minutes a day will help you de-stress.

14 Reduce screen time to less than 2 hours a day.

15 Alcohol in moderation and watch out for sugary mixers.

16 Give Back. Volunteer. Do an anonymous good deed. You'll help someone else, and give yourself a mental boost!

