

Feel Well. Live Well.

This Year's Health "To-Do" List: 18 for '18



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 more (healthy!) meals at home.

6 Get your sleep.



7 Health Exam (ask about all preventive screenings you need).



8 Connect with a friend
(And not just on social media! Healthy relationships are vital to our overall well-being!).

9 Eye Exam and Dental Exam.



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



10 For your next potluck: take a healthy item to share.

12 Quit Smoking (or help someone else quit).



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

15 Reduce screen time to less than 2 hours a day (pick up a good book instead!).



14 Alcohol in moderation and watch out for sugary mixers.

16 Get a blood pressure check (know your numbers and TAKE ACTION if it's above normal).



17 Do a Sugar Swap. (use fruit to sweeten water, unsweetened applesauce for baking, read nutrition labels and watch for added sugars)

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

