

52 SMALL CHANGES TO MAKE THIS YEAR FOR A HEALTHIER LIFE

1. Formulate a weight loss plan.
2. Find an accountability partner.
3. Start a food journal.
4. Clean out the pantry.
5. Get a checkup.
6. Quit a bad habit.
7. Keep healthy snacks on hand.
8. Make substitutions.
9. Portion your meals.
10. Drink more water.
11. Eat smaller meals.
12. Eat breakfast every day.
13. Get outside more.
14. Wake up earlier.
15. Brush & floss your teeth twice a day.
16. Put down the devices.
17. Get off the couch.
18. Stop eating out.
19. Find a new cookbook.
20. Chew sugar-free gum.
21. Walk at least three days a week.
22. Buy new walking/jogging shoes.
23. Get a workout DVD.
24. Take the stairs.
25. Park further away from the office.
26. Walk during phone calls.
27. Wear a pedometer.
28. Do body weight exercises.
29. Take a hike.
30. Get your family active.
31. Learn to say “NO”.
32. Make a plan for everything.
33. Sleep at least 7 hours each night.
34. 15 minutes of relaxation every day.
35. Laugh more.
36. Find a new hobby.
37. No TV one hour before bedtime.
38. Create a relaxing bedtime routine.
39. Take a power nap.
40. Control your spending.
41. Avoid negative people.
42. Choose to be happy.
43. Develop breathing techniques.
44. Manage your time wisely.
45. Declutter your schedule.
46. Give yoga a try.
47. Meditate.
48. Have a confidant.
49. Create an emergency fund.
50. Take a “mental health” day.
51. Declutter your bedroom.
52. Create white noise.