

21 Healthy Ideas to Get You Started!

1. Get some kind of exercise every day...

make it a habit!

2. Take the stairs.

3. Drink more water.

4. Eat breakfast.

5. Stretch every day.

6. Eat more fruits and vegetables...



five a day!

7. Choose whole foods.

8. Get enough sleep.

9. Breathe deeply.

10. Laugh often.

11. Find healthful foods you enjoy...



try a new, healthy recipe!

12. Do something relaxing.

13. Do something active with your family.

14. Find a healthy role model.

15. Be a healthy role model.

16. Make changes gradually...



one step at a time!

17. Take your lunch to work.

18. Stop smoking (or don't start!)

19. Find a workout buddy.

20. Strength train to build muscle.

21. Don't give up...



remind yourself why you are worth it!