

# I Live Healthy By...

Discover these transformative healthy habits to rejuvenate your fitness, boost your well-being, and nurture your body from the inside out.

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			<b>1</b> Move for 30 minutes	<b>2</b> Get quality sleep (8 -10 hours)	<b>3</b> Drink water (3.7 liters for men, 2.7 liters for women)	<b>4</b> Fill half of your plate with non-starchy veggies
<b>5</b> Go for a walk after a meal or during a break at work	<b>6</b> Pick bright colored food to eat (eat the rainbow)	<b>7</b> Be active outside for 30 minutes	<b>8</b> Take a group fitness	<b>9</b> Try a new vegetable/fruit	<b>10</b> Use stairs instead of elevators	<b>11</b> Try a new exercise technique (use dumbbells instead of a machine - talk with a trainer)
<b>12</b> Stretching for 15 minutes	<b>13</b> Hand washing hygiene (ensuring thorough hand washing)	<b>14</b> Look at food labels (being mindful about the calorie, sugar, fat, sodium, etc. intake)	<b>15</b> Take 7,000 steps	<b>16</b> Practice mindfulness for 5 - 10 minutes	<b>17</b> Practice breathing exercises throughout the day	<b>18</b> Perform resistance training exercises for 30 minutes
<b>19</b> Try out a new food recipe	<b>20</b> Go for a morning walk	<b>21</b> Practice portion control in meals	<b>22</b> Incorporate healthy fats into your diet (ex. nuts, olive oil, avocados)	<b>23</b> Try a balance exercise/class (ex. balance or yoga class)	<b>24</b> Eat 30 - 50 grams of fiber	<b>25</b> Workout with a buddy/partner
<b>26</b> Choose healthy snacks	<b>27</b> Practice a self-care activity	<b>28</b> Have a nutritious breakfast	<b>29</b> Create a gratitude list	<b>30</b> Avoid ultra processed foods (ex. fast food or chips)	<b>31</b> Manage your stress (wind down routine, or exercise)	