eat.

Use smaller cups, plates and serving sizes to eat less

Before you order a heavy lunch, consider whether you can afford (or want!) the hangover in the afternoon

Structure your days to eat more early, less late, and nothing after dinner- and greens instead of grains

Replace all dried fruits and fruit juices with whole fruit and other healthy alternatives

If you see a packaged food or drink claiming to be healthy on the surface, study all the ingredients in even more detail

Try steaming your food for one meal

Go through the food in your house today. Get rid of a few unhealthy items that have been sitting on the shelf for months

Start every meal with the most healthy item on your plate and end with the LEAST

When you want a quick snack, take a handful and leave the bag/box behind

Identify a few healthy food options. Buy them automatically so good choices are always available at home

Don't drink your calories/save cake for your birthday

Make broccoli the new black. No single food is as healthy as broccoli

move.

When you have to sit for long periods of time, stand up, walk or stretch every 20 minutes

Aim for 10,000 steps every day or 70,000 steps a week- identify one person to hold you accountable

Exercise in the morning for a better mood and more brainpower all day

Pick one of your repetitive motions, like using your smartphone or carrying your purse. Alternate use of your left and right sides frequently

Engineer activity into your work /day. Have a standing meeting or talk on the phone while pacing in home

Use the 5 minute contract strategy when you start exercising (LTG)

Use a personal trainer to help you create an in home exercise plan that suits your needs

Walk at least 5 minutes a day to counteract aging…work up to 45 of intense activity 3x a week

Lift weights to improve lean muscle mass and discourage muffin top (overhang)

Identify one aerobic activity that gives you a natural high. Do it at least once a week for 30 minutes

Use exercise to clear your mind and body

Try a new micro move today like taking the stairs or parking far away from the entrance

sleep.

If sounds interrupt your sleep, add a constant background noise- try a fan, white noise machine or smartphone app

Wake up at the same general time each day of the week to keep your internal clock on track

When you need/want to look your best, give yourself plenty of time to get a sound night's sleep

At the end of a lousy day, before you make a small stressor into something bigger, give sleep a chance to do some repair work overnight

Arrange your schedule to ensure you get at least eight hours of sleep each night

Ask for help from your doctor if sleepnesses continues- 62% of people who do find sleep habit improvements

Prioritize your pre and post sleep routines as they directly affect your waking day

Take technology breaks during the day as a reward and retraining for body and mind

Moving your body from warm to cooler helps trigger the natural drop in body temperature you need

A quick warm rinse under the shower and a cooler sleeping environment helps

Declutter your sleeping space and mind before you attempt sleep

eat. move. sleep.
simple strategies for your best life