

QUICK FACT

**ESTABLISHING
HEALTHY HABITS
LEADS TO LESS
STRESS, IMPROVED
MOOD, AND A
LONGER LIFE.**

START SMALL

Healthy habits are difficult to develop and trying to overhaul too many at once often leads to burnout. Start by picking ONE daily habit. It could be as small as making your bed or flossing your teeth each day. Conquering your first habit will give you momentum for more positive changes down the road.



SET A GOAL

Here are a few examples:
Work out for at least 10 minutes a day
Eat a healthy breakfast 5 times a week
Get 8 hour of sleep each night



TRACK FOR SUCCESS

Tracking your progress gives you motivation to keep going and provides a sense of accomplishment. Use the new Healthcheck360 app or simply jot it down on paper.



HAVE PATIENCE

Building healthy habits takes time and there are bound to be set backs. Give yourself at least a month to conquer one specific habit.