HealthCheck360

QUICK TIP

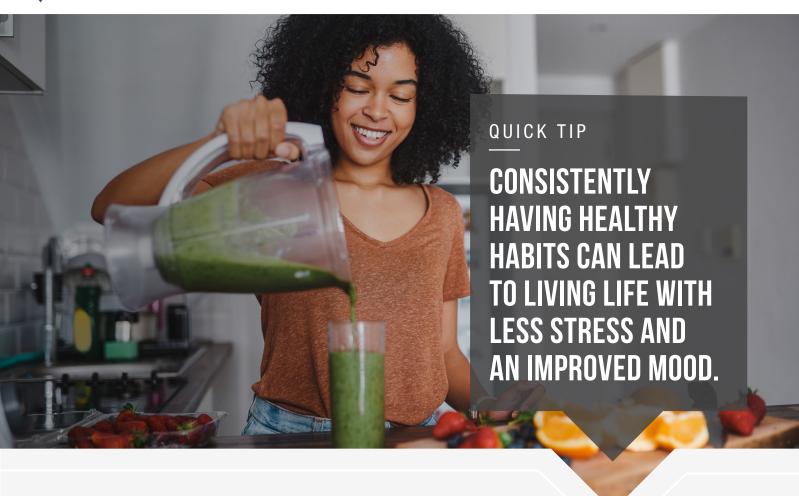# CONSISTENTLY HAVING HEALTHY HABITS CAN LEAD TO LIVING LIFE WITH LESS STRESS AND AN IMPROVED MOOD.

CREATING SUSTAINABLE CHANGE

Developing healthy habits doesn't happen overnight. Start small and make mindful, manageable changes that you will be able to accomplish daily. These changes will turn into lifestyle changes when done consistently.

GET ACTIVE

Devote 150 minutes per week to exercising. Look for simple ways to increase your movement during the day like walking instead of driving, doing yard work, and using the stairs throughout the day.

FOCUS ON NUTRITION

Start your day on the right foot with a filling breakfast like oatmeal with fruit or eggs with avocado. Starting your morning with a nutritious breakfast can help you make healthy choices for the rest of the day.

PRIORITIZE SLEEP

Sleep builds your immunity, improves memory, and decreases your risk for diseases. Getting seven to eight hours of sleep per night can be beneficial to your health.