30-DAY CHALLENGE

Improve your overall well-being by taking simple steps each day. Can you incorporate a healthy tip in your lifestyle for 30 days?

☐ DAY 1
Try 10 minutes of beginner yoga today

☐ DAY 2
Stretch at your desk or workstation

☐ DAY 3
Park farther away today than usual

☐ DAY 4
Take the stairs instead of the elevator

☐ DAY 5
Eat foods rich in calcium and iron to increase bone strength and lower risk of anemia

☐ DAY 6
Get 7-8 hours of sleep

☐ DAY 7
Thoughts are powerful - make your positive

☐ DAY 8
Cook a meal at home today

☐ DAY 9
Go on a walk with a friend

☐ DAY 10
Reduce your screen time by at least 1 hour

☐ DAY 11
Write down 3 things for which you are grateful

☐ DAY 12
Chew your food 10 times before swallowing

☐ DAY 13
Drink more water - aim for 64 ounces

☐ DAY 14
Buy a healthy snack to have on hand

☐ DAY 15
Go for an easy run today

☐ DAY 16
Eat 5 servings of fruits and veggies

☐ DAY 17
Eat from a smaller plate than usual

☐ DAY 18
See the bright side in any situation

☐ DAY 19
Check your work e-mails at work, not at home

☐ DAY 20
For every hour you sit, walk 3 minutes

☐ DAY 21
If you drink alcohol, keep it moderate

☐ DAY 22
Laugh multiple times today

☐ DAY 23
Take 5-10 deep breaths

☐ DAY 24
Avoid caffeine after 3 p.m.

☐ DAY 25
Read nutrition labels for serving size and calorie information

☐ DAY 26
Eat the bulk of your calories by 4 p.m.

☐ DAY 27
Schedule your annual physical or remind a loved one to do so

☐ DAY 28
Eat breakfast

☐ DAY 29
Do something you love today

☐ DAY 30
Challenge your brain - do a crossword, play Sudoku or read for fun