Exercise & Healthy Eating

Use opportunities during the day to get the movement your body needs.

1. Just 30 minutes of walking can help improve your mood and health. It’s OK to divide it up throughout the day. You can set a goal of walking 10 minutes three times a day.

2. When running errands, park far away from the entrance to the building.

3. Use the stairs rather than the elevator or escalator.

4. Set an alarm to go off every hour to remind you to move for a few minutes.

5. Make time to walk on your lunch break.

6. Doing housework, such as vacuuming and mopping, can count as exercise.

7. Yardwork and gardening also can increase your amount of movement.

Make it a priority to nourish your body. Healthy eating doesn’t mean depriving yourself completely of food you enjoy. Just be sure to eat a variety of healthy foods throughout the day.

1. Use recipes to plan meals and go to the grocery store with a list of healthy items. Prioritize meal prepping.

2. Select a mix of colorful fruits and vegetables to eat every day.

3. Rather than storing fruits and vegetables in a drawer in the refrigerator, store them in bowls on a shelf at eye level so they are readily accessible. Similarly, set a bowl with oranges and bananas on the kitchen counter or table.

4. Limit fats, sugars, and processed foods.

5. Increase your intake of fish, whole grains, and vegetables.