

## 25 Healthy Habit Ideas

1. Breathe before eating
2. Chew 20 plus times with each bite
3. Practice gratitude daily (ie: name 3 things you are grateful for every day)
4. Put your fork down between bites
5. Pack up your lunch as you are cleaning up from dinner
6. Stand up and stretch once every hour
7. Drink water with lemon after waking (before morning coffee if you drink it)
8. Meditate (1 minutes, 5 minutes, etc) daily
9. Plan a week of dinner meals in advance
10. Eat 5 servings of vegetables a day
11. Eat only until you are comfortably satisfied, NOT FULL
12. Move your body every day (walk, yoga, stretch routine, swim, etc)
13. Create a healthy mantra you can repeat throughout the day
14. Catch your successes during the day (and celebrate!)
15. If you overindulge, move on and pick up your healthy eating habits at your next meal or snack
16. Get fresh air every day
17. Microwave your sponge daily to get rid of bacteria
18. Go at least 3-4 hours between eating
19. Eat without distractions
20. Let vegetables take up at least half your plate
21. Have a healthy fat and protein source at every meal
22. Say at least one nice thing to someone every day (sincere compliment)
23. Go to sleep 10 minutes earlier every night
24. Relax before bed; do not watch or read anything stressful
25. Get rid of the mail as soon as it comes in

