

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.

