



7 DAYS to a Healthier & Happier You!

A common goal for the New Year is to get healthier. But, a whole year of making healthy choices can seem overwhelming. This is when it's a good time to ask yourself, "What steps can I take this week?" Here are some simple daily steps you can take to achieve a healthier you...in just 7 days! It's a good idea to check with your doctor before making any changes to your diet and exercise routine. ❖

Sunday	Eat well! It's the first day of the week, so why not make your Sunday meals count!
Monday	Prevent and Detect! Call your doctor and schedule your annual physical exam and annual wellness visit. Ask your doctor if you need to have any other screenings and exams during the year.
Tuesday	Get moving! Did you know 10 minutes a day of exercise can make a positive impact on your health? Take a brisk walk around your neighborhood. Just make sure you have comfortable, sturdy shoes. Get a pedometer and challenge yourself to increase your steps a little each day.
Wednesday	Look and Learn! Check out the <i>Live Healthy</i> Library on MemberLink for ideas and information on how to improve your health and wellness, including healthy recipes and articles on nutrition, exercise, and more.
Thursday	Test your mind! Keeping your mind sharp takes a little work as well. Jigsaw puzzles, word searches and crosswords are fun ways to give your brain some exercise and may even help to prevent dementia.
Friday	Have some fun! Enjoy laughter and good times with friends or family members, or do something else that gives you joy. When you are happy, your body produces endorphins (feel-good chemicals) that help to reduce anxiety and pain. So go ahead and enjoy yourself- it's good for your health!
Saturday	Rest and Relax! It's just as important to rest as it is to stay active. Read a book or watch one of your favorite movies. Or reduce stress through meditation or yoga. It's healthy to rest your body and your mind.