

30-DAY HABITS: KICKSTART YOUR HEALTH JOURNEY



WANT TO TAKE CONTROL OF YOUR HEALTH AND WELLNESS BUT DON'T KNOW WHERE TO START? TRY ONE OF THESE 30 HABITS FOR 30 CONSECUTIVE DAYS TO GET THE BALL ROLLING!

- Go on a walk each day
- Read 10 pages of a health or wellness book
- Do 100 air squats
- Meditate for 5 minutes each day
- Spend 30 minutes or less on social media each day
- Eat a dark leafy green each day
- Drink over 60 fluid ounces of water each day
- Get 10-30 minutes of sunlight each day (or time outside even if there is no sunlight)
- Journal for 5 minutes each day
- Avoid fast food
- Listen to 10 minutes of a health and wellness podcast
- Eat a serving of fruit each day
- Do a 5 minute stretch each day
- Avoid sitting for more than 8 hours each day
- Do 5 minutes of breath work each day
- Wake up before 7am each day
- Go to sleep before 10pm each day
- Do 5 minutes worth of plank holds each day
- Write out your 3 most important tasks for each day
- Eat a serving of nuts or seeds each day
- Get 7,000 steps each day
- Take a cold shower each day
- Do 5 minutes of yoga each day
- Write out one thing you are grateful for each day
- Avoid added sugar
- Exercise for 5 minutes each day
- Aim for 7+ hours in bed each night
- Avoid screens from 10pm-4am each day
- Eat within an 8 hour window each day
- Avoid alcohol or smoking each day

TIPS TO GET STARTED

- Choose one habit at a time to start
- Adjust each habit to match your specific lifestyle and goals
- Track your habit with a calendar or checklist
- Find an accountability system (a friend, posting on social media, a coach)
- Have fun with it and celebrate your success appropriately!

EXPLORE YOUR PATH TO VITALITY