

DAILY CHECKLIST FOR BETTER HEALTH

- Start your morning with warm lemon water (before coffee)
- Eat breakfast
- Keep a water bottle on your desk or workspace and aim to drink and refill it at least 3 times throughout the day
- Take “movement breaks”
If you’re working a sedentary job, or one that requires repetitive movements, take a 2 minute break every hour or so to stretch.
- Take Vitamin D (especially important in the winter)
- Eat raw veggies at least 1 meal or snack (work your way up from here)
- Spend a few minutes each day practicing deep breathing
- Chew your food thoroughly and eat mindfully
- Avoid “screen time” in the hour before bedtime
- Take a moment before bed to think of one thing for which you are grateful
- Plan ahead!
Pack your lunch before bed, schedule time into your day for healthy activities, whatever it is you’re trying to accomplish, being prepared is key.