

Try a new type of exercise



Turn off screens at least 1 hour before going to bed

Plan vacation or personal time away from work



Alternate between sitting and standing throughout the day

Try a new fruit



Prepare a dinner using the Healthy Eating Plate as a guide

Find a workout buddy



Shop your pantry and use what you have before buying more to minimize food waste

Spend time doing a fun activity or favorite hobby



Schedule exercise time in your calendar

Put on some favorite music and dance!



Set an alarm for intervals throughout the day; when it rings, breathe for 2 minutes



Design a meal plan for the upcoming week

Find your ideal sleep schedule and aim to stick to it



Take a walk without screens or headphones; see what you notice

Freeze leftovers you won't eat right away for an easy future meal



Set a long- or short-term fitness goal

Create a calming bedtime ritual (deep breathing, music, etc.)



Practice mindful eating for at least a portion of a meal

Try a new whole grain



Avoid large meals, heavy snacking, or alcohol 2-3 hours before bed

Try an aerobic activity while watching TV



Prepare a meal featuring lentils (or another legume)

Try a new vegetable



*Play the healthy living bingo challenge!*