choose organic red wine over craft beer *-Making Healthy a Habit, One Choice at a Time with ….Body Be Well Solutions*

to tone muscles, choose resistance bands over weights *-Making Healthy a Habit, One Choice at a Time with ….Body Be Well Solutions*

choose products that have 5 ingredients or less *-Making Healthy a Habit, One Choice at a Time with ….Body Be Well Solutions*

cutting up and prepping fresh veggies take too much time -order a veggie tray to use throughout the week *-Making Healthy a Habit, One Choice at a Time with ….Body Be Well Solutions*

struggle with healthier choices for lunches -make batches of soup once a week, put in pint size mason jars and freeze with plastic re-useable lids. Take out in morning, pop in microwave warm up at work *-Making Healthy a Habit, One Choice at a Time with ….Body Be Well Solutions*

trouble remembering to take medications and vitamins consistently -sort them out once weekly into a daily pill dispenser, place next to your go to morning beverage as a visual reminder *-Making Healthy a Habit, One Choice at a Time with ….Body Be Well Solutions*

too much clutter -start with one drawer, closet, area or room. do you need the item? for what? ok good keep… or no donate. everyone wins. pace yourself over a day, week, month whatever works. *-Making Healthy a Habit, One Choice at a Time with ….Body Be Well Solutions*

reduce the amount of sugar and increase the amount of protein -buy organic greek yogurt and add your own fresh fruit *-Making Healthy a Habit, One Choice at a Time with ….Body Be Well Solutions*

tired of fresh fruit going bad before you have chance to eat it -pop fruit that is about turn into the freezer for use with smoothies, green drinks or shakes *-Making Healthy a Habit, One Choice at a Time with ….Body Be Well Solutions*

don't buy products with ingredients you can't pronounce *-Making Healthy a Habit, One Choice at a Time with ….Body Be Well Solutions*

struggle with sleep -instead of a pill try a natural option of lavender, calcium or magnesium, sound machine of ocean waves*-Making Healthy a Habit, One Choice at a Time with ….Body Be Well Solutions*

if you struggle to keep houseplants alive, stop torturing yourself -replace them with look-alike options *-Making Healthy a Habit, One Choice at a Time with ….Body Be Well Solutions*

if you love fresh flowers -buy them for yourself regularly *-Making Healthy a Habit, One Choice at a Time with ….Body Be Well Solutions*

tired of house chores consuming your weekends -schedule daily small tasks during the week *-Making Healthy a Habit, One Choice at a Time with ….Body Be Well Solutions*

curb your sugar intake by watering down fruit juices *-Making Healthy a Habit, One Choice at a Time with ….Body Be Well Solutions*

work to minimize clutter in your home one step at a time *-Making Healthy a Habit, One Choice at a Time with ….Body Be Well Solutions*

remove old newspapers or magazines no longer being used *-Making Healthy a Habit, One Choice at a Time with ….Body Be Well Solutions*

each time you purchase a new article of clothing donate 2 items that you have *-Making Healthy a Habit, One Choice at a Time with ….Body Be Well Solutions*

each time you purchase new footwear donate two pair that you currently have *-Making Healthy a Habit, One Choice at a Time with ….Body Be Well Solutions*

if there are products in your bathroom that you have not used in the last 3 months throw them away *-Making Healthy a Habit, One Choice at a Time with ….Body Be Well Solutions*

if there are items in your pantry that you have not used in 6 months throw them away *-Making Healthy a Habit, One Choice at a Time with ….Body Be Well Solutions*

when someone annoys you -before responding take a moment and determine why it is that they're annoying you *-Making Healthy a Habit, One Choice at a Time with ….Body Be Well Solutions*

choose dark organic chocolate over M&Ms*-Making Healthy a Habit, One Choice at a Time with ….Body Be Well Solutions*

make your own green drink at home -spinach, carrots, celery, herbal iced tea, flax and chia seeds, avocados, blueberries and protein powder *-Making Healthy a Habit, One Choice at a Time with ….Body Be Well Solutions*

choose seltzer over soda or tonic *-Making Healthy a Habit, One Choice at a Time with ….Body Be Well Solutions*

choose mixed nuts over potato chips *-Making Healthy a Habit, One Choice at a Time with ….Body Be Well Solutions*

choose to color in a book with pencils instead of spending time on social media *-Making Healthy a Habit, One Choice at a Time with ….Body Be Well Solutions*

choose to do a crossword puzzle versus a video game *-Making Healthy a Habit, One Choice at a Time with ….Body Be Well Solutions*

choose to drink more water and less juice, soda and coffee *-Making Healthy a Habit, One Choice at a Time with ….Body Be Well Solutions*

choose to make your own protein shake at home instead of buying something store bought and prepared *-Making Healthy a Habit, One Choice at a Time with ….Body Be Well Solutions*

choose organic cashew or almond butter over peanut butter *-Making Healthy a Habit, One Choice at a Time with ….Body Be Well Solutions*

store veggies in a glass mason jar with a plastic lid instead of using plastic bags *-Making Healthy a Habit, One Choice at a Time with ….Body Be Well Solutions*

schedule self-care into your schedule *-Making Healthy a Habit, One Choice at a Time with ….Body Be Well Solutions*

schedule weekly sessions of physical activity / exercise into your schedule *-Making Healthy a Habit, One Choice at a Time with ….Body Be Well Solutions*

schedule a time to go to sleep to ensure that you get 6 to 7 hours of sleep each night *-Making Healthy a Habit, One Choice at a Time with ….Body Be Well Solutions*

purchase your favorite coffee and brew at home and use re-useable travel mug instead of ordering from local coffee shop *-Making Healthy a Habit, One Choice at a Time with ….Body Be Well Solutions*

add lemon or lime juice to your water or seltzer for flavor *-Making Healthy a Habit, One Choice at a Time with ….Body Be Well Solutions*

choose to park farther out in the lot so that you have a further distance to walk *-Making Healthy a Habit, One Choice at a Time with ….Body Be Well Solutions*

be mindful and spend 5 minutes doing nothing except focusing on your breath *-Making Healthy a Habit, One Choice at a Time with ….Body Be Well Solutions*

listen to music that has no words *-Making Healthy a Habit, One Choice at a Time with ….Body Be Well Solutions*

walk through the grass with no shoes on *-Making Healthy a Habit, One Choice at a Time with ….Body Be Well Solutions*

smile at least 5 people today *-Making Healthy a Habit, One Choice at a Time with ….Body Be Well Solutions*

say hello to at least 5 people you do not know today *-Making Healthy a Habit, One Choice at a Time with ….Body Be Well Solutions*

think about 5 things you're grateful for *-Making Healthy a Habit, One Choice at a Time with ….Body Be Well Solutions*

think about 5 things you've done well in the past week *-Making Healthy a Habit, One Choice at a Time with ….Body Be Well Solutions*

send a thank you note to somebody *-Making Healthy a Habit, One Choice at a Time with ….Body Be Well Solutions*

text someone and let them know that you're thinking about them *-Making Healthy a Habit, One Choice at a Time with ….Body Be Well Solutions*

step outside and look for 2 birds *-Making Healthy a Habit, One Choice at a Time with ….Body Be Well Solutions*

do one random act of kindness a week -don’t tell anyone you did *-Making Healthy a Habit, One Choice at a Time with ….Body Be Well Solutions*

take the time to look at the clouds *-Making Healthy a Habit, One Choice at a Time with ….Body Be Well Solutions*

take the time to look at trees *-Making Healthy a Habit, One Choice at a Time with ….Body Be Well Solutions*

take the time to look at the stars *-Making Healthy a Habit, One Choice at a Time with ….Body Be Well Solutions*

turn the TV of- and play a board game *-Making Healthy a Habit, One Choice at a Time with ….Body Be Well Solutions*

turn off electronic devices an hour before going to bed *-Making Healthy a Habit, One Choice at a Time with ….Body Be Well Solutions*

avoid looking at electronic devices when you first wake up for an hour *-Making Healthy a Habit, One Choice at a Time with ….Body Be Well Solutions*

be mindful -focus taking a breath in through your nose and bringing it down and expanding your belly- hold for a moment and then release like a water balloon *-Making Healthy a Habit, One Choice at a Time with ….Body Be Well Solutions*

take a moment and do a body scan -start by focusing on your toes coming all the way up through your legs to your torso to your hands to the top of your head and just observe how your body feels *-Making Healthy a Habit, One Choice at a Time with ….Body Be Well Solutions*

step outside and breathe fresh air and feel sunshine *-Making Healthy a Habit, One Choice at a Time with ….Body Be Well Solutions*

every time you have a beverage alternate by having 8 ounces of water in between *-Making Healthy a Habit, One Choice at a Time with ….Body Be Well Solutions*

have salad dressing on the side *-Making Healthy a Habit, One Choice at a Time with ….Body Be Well Solutions*

walk through the buffet line without a plate to see what's available -then walk through and knowing what you should have *-Making Healthy a Habit, One Choice at a Time with ….Body Be Well Solutions*

when reading a label aim for 5 grams of protein 5 grams of fiber *-Making Healthy a Habit, One Choice at a Time with ….Body Be Well Solutions*

focus on the opportunity, not the mistake *-Making Healthy a Habit, One Choice at a Time with ….Body Be Well Solutions*

overwhelmed -pause and write it down, pause and speak out loud *-Making Healthy a Habit, One Choice at a Time with ….Body Be Well Solutions*

watch funny animal video clips*-Making Healthy a Habit, One Choice at a Time with ….Body Be Well Solutions*

watch funny baby video clips*-Making Healthy a Habit, One Choice at a Time with ….Body Be Well Solutions*