

## 60 Health and Wellness Activities

- ◇ Eat (3) servings of fruits
- ◇ Eat (3) servings of vegetables
- ◇ Make (1/2) your grains whole grain
- ◇ Drink 64oz of water
- ◇ Contact a friend/relative
- ◇ Go for a walk
- ◇ Make a doctors appointment
- ◇ Therapy
- ◇ Meditate
- ◇ Make your breaks active
- ◇ Create a financial plan/goal
- ◇ Track food
- ◇ Take the stairs
- ◇ Join a workout class
- ◇ Join a club
- ◇ Donate blood
- ◇ Unplug from electronics
- ◇ Volunteer
- ◇ Cook
- ◇ Form a sleep routine
- ◇ Practice good posture
- ◇ Sign up for an event
- ◇ Make a “To Do” list
- ◇ Schedule in some “Me Time”
- ◇ Meal prep for the day/week
- ◇ Practice daily gratitude
- ◇ Catch up with your favorite TV show
- ◇ Journal
- ◇ Spend time in nature
- ◇ Get a massage
- ◇ Acupuncture
- ◇ Practice deep breathing
- ◇ Wake up earlier
- ◇ Revisit a hobby/interest
- ◇ Detox from social media
- ◇ Listen actively when someone else is talking
- ◇ Stand while working (standing desk)
- ◇ Read
- ◇ Learn something new
- ◇ Have a meatless meal
- ◇ Try a yoga pose
- ◇ Declutter
- ◇ No Soda
- ◇ No Alcohol
- ◇ Mental Health Check
- ◇ Talk to a stranger
- ◇ Practice mindful eating
- ◇ Take a music break
- ◇ Give at least one compliment every day
- ◇ Take a prediabetes quiz
- ◇ Try a different route to school/work/home
- ◇ Fix something that is broken
- ◇ Donate to a charity
- ◇ Commit to laughing more
- ◇ Make it a point to eat dinner together as a family
- ◇ Aim for 10,000 steps/day
- ◇ Avoid heavy meals close to bedtime
- ◇ Workout during TV commercials
- ◇ Schedule annual physical exam
- ◇ Stick to grocery list