

BUILDING BETTER HEALTH

Presented by: Rose Barbary - Health Coach Rose with Optavia

SUN	MON	TUES	WED	THURS	FRI	SAT
1 Get a fitness or tracker app	2 Schedule a yearly routine physical	3 Create a new daily practice (new habit).	4 Swap refined (simple) carbs for whole, unprocessed carbs.	5 Make sleep a top priority (average of 7-8 hours is recommended).	6 Eat plenty of vegetables and fruit (think rainbow!).	7 Write a list of 3 things every day that you are grateful for.
8 Make healthy habits, not restrictions.	9 Try to meal prep! failing to plan is planning to fail.	10 Manage your stress. Try not to over commit.	11 Nurture your social relationships. Spend time with friends!	12 Eat more fatty fish, like salmon and swordfish.	13 Get moving! Find an exercise that you enjoy doing.	14 Find ways to laugh. Laughter is the best medicine!
15 Change up your coffee routine. Drink only earlier in the day.	16 Pay attention to "food feelings".	17 Give yourself grace. Health is about progress, not perfection,	18 Minimize your overall sugar intake.	19 Use plenty of fresh herbs and spices.	20 Read more... Keep learning and growing.	21 Improve your gut health. Eat probiotic foods.
22 Avoid bright lights before you go to bed.	23 Avoid heavily charred meats. They can be carcinogenic.	24 Eat small portions of nuts and seeds.	25 Eat adequate protein.	26 Make time for self care. Rest and recharge.	27 Spend a few minutes a day stretching. Stay flexible.	28 Eat from a smaller plate. Make half of your plate vegetables.
29 Try green tea. It is packed with antioxidants!	30 Stay hydrated.	31 Make sure to get enough Vitamin D.				

Start your New Year off right with some daily health & wellness challenges in the month of January!
Start your year off by making positive changes and accomplishing everything you want to do in 2023!