

10 Simple, Specific Ideas on How to Be More Healthy this Year

01

DRINK ONLY 2 CUPS OF COFFEE PER DAY AND 1 CUP ON THE WEEKENDS AND HOLIDAYS.

02

Buy low fat milk all year instead of whole milk.

03

Eat red meat only once a month.

04

EVERY TIME YOU REACH FOR A CARB-RICH FOOD, EAT ONLY HALF (NOT THE ENTIRE AMOUNT).

05

IN RESTAURANTS AND AT HOME, DRINK ANYTHING OTHER THAN WATER ONLY ONCE PER MONTH.

06

Do 100 jumping jacks per day and 100 crunches per day before going to bed.

07

Eat a baked good that's sweet, such as cookies, pastries, and cake, every other day.

08

EAT FRIED FOODS ONLY ONCE A WEEK.

09

FOR MENTAL HEALTH AND RELAXATION, DO 1 THING FOR YOU EACH WEEK (HAIR, NAILS, MALL WALK, ETC.)

10

Eat take-out food or restaurant food (other than homemade) only 3 times per week.