



CFP

CARTER FAMILY PRACTICE

MODERN MEDICINE,
CLASSIC CARE

Field Notes

HEALTHY LIVING SERIES



Healthy Living Doesn't Have to Be Complicated

Karen's Corner

Healthy living isn't about being perfect.

It's about making small choices that move you in the right direction, one day at a time.

You don't have to overhaul your life overnight or follow the latest trend. In fact, the healthiest habits are often the simplest ones—the ones you can keep doing long after motivation fades.

This month, instead of trying to change everything, choose one or two habits to focus on. Small, consistent changes often lead to the biggest results.



Karen's Tip

Don't try to improve all five areas at once. Pick one. Build confidence. Then add another.

FIVE FOUNDATIONS OF GOOD HEALTH

NOTE
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NOURISH YOUR BODY

Choose foods that help you feel energized and satisfied most of the time.



KEEP MOVING

You don't have to join a gym. Walking, gardening, playing with your kids, or taking the stairs all count.



STAY HYDRATED

Water supports nearly every system in your body. Keep a water bottle nearby and sip throughout the day.



PRIORITIZE SLEEP

Most adults feel and function best with 7–9 hours of sleep each night.



TAKE CARE OF YOUR MIND

Stress is part of life, but so is rest. Make time for things that help you recharge.

Questions? Need an Appointment?

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I'm Here for You

Every person's journey looks different. My goal isn't to give you a perfect plan—it's to help you find healthy habits that fit your life.

Keep asking questions, keep learning, and keep moving forward.

—Karen



Looking for more free health resources? Visit CFPCareHub.com for Field Notes, wellness resources, and patient education.