

Stay hydrated! [Centers for Disease Control and Prevention](#)

More energy - Better focus - Joint health - Fewer stones –
Good digestion - Weight help

Avoid sugary drinks and too much alcohol

Eat balanced meals! [Healthy eating recommendations](#)

Vegetables and Fruit: Fill 50% of your plate to get fiber, vitamins, and color.

Protein Foods: Use 25% of your plate with choices like fish, chicken, eggs, beans, or tofu.

Whole Grains: Use 25% of your plate like brown rice, quinoa, or whole-wheat bread.

Healthy Fats: Add a small touch of olive oil, avocado, or seeds for heart health.

Avoid too many processed foods and too much sugar

Be active!

The [Canadian 24-Hour Movement Guidelines](#) recommend that adults (18–64) get at least 150 minutes of moderate-to-vigorous aerobic activity per week, do muscle-strengthening exercises twice a week, limit sitting to 8 hours or less daily, and get 7 to 9 hours of quality sleep.

Stronger heart - Weight control - Bone strength - Disease defense - Better mood

Sharper mind - Deeper sleep - More energy

Limit screen time! [Mind: Screen Time](#)

This improves your health by boosting sleep quality, reducing stress and anxiety, enhancing focus, and encouraging physical activity. Cutting back on devices and doom scrolling creates space for healthier habits and better daily well-being.

Better Sleep - Better Mental Health - Better Focus – More Body Movement

Even small changes can make an impact! Start today!