

NUTRITION



Replace 3 sugary beverages each week with water or sparkling water



Replace 2 fast food meals with homecooked meals



Eat a high protein breakfast during weekdays



Replace one salty snack (e.g. chips) with nuts each day

PHYSICAL ACTIVITY



Go for a 30 minute walk 4 times per week



Join a sports league or workout group

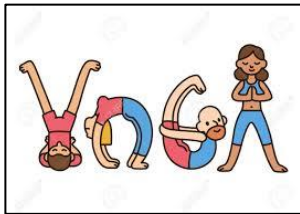


Try a new group fitness class at the UCC (sign-up instructions attached)

STRESS MANAGEMENT

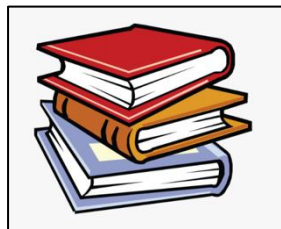


Practice meditation three times per week (see attached handout for instructions and resources)



Do 15 minutes of yoga twice per week

SLEEP



Practice “wind-down routine” before bed 3 times per week (see attached sleep hygiene handout)



Increase sleep time by 15-30 minutes each night



Sleep 7-8 hours per night for 4 nights per week