

LIVE WELL



CHECKLIST

3 SMALL WAYS YOU CAN GET STARTED LIVING A HEALTHY LIFESTYLE TODAY

Use this checklist as a daily reminder to keep your healthy habits on track.



DRINK UP

- Can help increase energy and relieve fatigue
- Helps to flush out toxins
- May improve your skin complexion
- Aids in circulation and digestion
- Transports nutrients
- Helps maintain body temperature and absorption



MEAL PREP

- Find your portioned containers of choice
- Try new recipes
- Protein, vegetables, and whole grains
- Switch things up each week
- End up spending less time in kitchen



WORKOUT

- Dancing
- Hiking
- Yoga
- Jump roping
- Aerobics
- Calisthenics
- CrossFit
- Weight Training
- Take the stairs
- Acroyoga