10 Tips FOR A HEALTHY LIFESTYLE

1. **PRAY** Pray, meditate, practice relaxation or mindfulness.

2. **EAT HEALTHY** Think about food as fuel not filler.

3. **SAVOR** Savor precious moments—bird watch, smell the roses.

4. **BE REALISTIC** Be realistic about how much you can do in one day.

5. **CONNECT** Stay connected with family and friends.

6. **STAY POSITIVE** Spend more time with people who are positive and supportive.

7. **MOVE!** Incorporate walking and exercise into your day.

8. **SET TECH LIMITS** Monitor use of technology and set time limits.

9. **SLEEP** Get enough sleep and maintain a regular sleep schedule.

10. **FACTOR IN FUN** Build in fun and the opportunity to laugh.

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