

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.



Saint John Vianney Center

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