



# Ten Lifestyle Goals for Healthy Living

*One Thing @ a Time!*

*Start small!*

## 1. Get adequate rest daily

- People with the best health and longevity get at least 7 to 8 hours of sleep daily.
- Taking time for daily relaxation and recreation is also helpful to the body and mind.

## 2. Get regular physical activity

- Aim for 30-60 minutes of physical activity on most, preferably all days of the week *3-10 min*
- Include strengthening exercise 2+ times per week to maintain a healthy lean body weight

## 3. Eat more plant based foods - *Good Color*

- Aim for at least 5 (up to 9 is recommended) servings of fruits and vegetables daily.
- Limit fatty meats and high cholesterol foods.
- Peas, beans, nuts, and soy foods are good sources of plant proteins.

## 4. Eat more whole-grain breads and cereals

- Aim for at least 3 servings of whole-grains daily (including brown rice and oatmeal). *100% whole wheat*
- Limit highly refined cereals such as white bread, pastry, white rice, and sugary cereals.

## 5. Choose healthy fats - *in moderation*

- Choose unhydrogenated vegetable oils and trans fat free margarine in place of animal and solid fats such as butter, hard stick margarine, and shortening.
- Eat at least 1 serving of nuts daily (1 oz of nuts or 2 tablespoons of peanut or almond butter).
- Eat foods high in n-3 fatty acids daily such as flax meal, walnuts, soy, or canola and soy oils.

## 6. Achieve/Maintain a healthy weight

- A BMI less than 25 is ideal. A BMI of 30 or above indicates obesity and high risk.
- A waist girth less than 37 inches for men and less than 32 inches for women is ideal.
- A waist girth of 40+ inches indicates high risk for men and 35+ inches is high risk for women.

## 7. Be free of dependence on tobacco, illicit drugs, or alcohol

- 85,000 people die prematurely every year due to alcohol
- Over 400,000 people die prematurely every year from smoking
- Drug use can lead to dependencies that can destroy physical, mental, and spiritual health

## 8. Maintain a cheerful, hopeful outlook on life

- Choose to see the bright side of life. Be happy. Laugh a lot. Pass on joy and hope to those you work and live with daily. Get help if you feel sad and depressed for extended periods of time.

## 9. Spend quality time with family or friends daily - *Relationships - Nurture*

- Supportive relationships build strong hearts and happy minds. Practice a spirit of friendship, love, and acceptance. Share a kindness with someone you live or work with daily.

## 10. Take time daily for spiritual renewal - *recognize the Value!*

- Plan a quiet time each day to read, pray, meditate, and seek spiritual renewal. A heart primed with gratitude, forgiveness, and service helps you soar over life's difficulties and challenges.

**Pledge:** It is my desire to take the time necessary to make health a personal priority in my life.

Name \_\_\_\_\_ Date \_\_\_\_\_