



Explore Small Steps to Health



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Health is a journey, not a destination; it's important to enjoy the ride! As you continue to explore your health, we encourage you to focus on small steps forward rather than radical changes. Simple steps are attainable and allow you to easily identify what's working for you and what isn't. Over time, incremental steps add up to lasting transformation.

Read on to learn 12 steps to support your journey toward lasting health and happiness.



DRINK MORE WATER.

- **Be prepared.** Carry a water bottle or fun reusable cup and straw everywhere you go.
- **Add natural flavor.** Flavor your water with fresh fruit, vegetables, or herbs. Some tasty choices include orange slices, diced strawberries, cucumber slices, or mint.
- **Get support.** Download an app to hold you accountable and track your hydration progress.



COOK AT HOME.

- **Find new recipes.** Search for a variety of delicious-looking recipes you'd like to try and set a goal to whip up one or two new dishes each week.
- **Invest.** Consider purchasing a new cookbook or signing up for a cooking class for culinary inspiration.
- **Learn a new skill in the kitchen.** Whether you decide to spiralize zucchini, poach fish, or experiment with a slow cooker, there are many online videos to learn from!



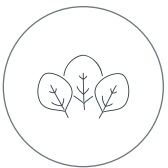
INCREASE WHOLE GRAINS.

- **Make a simple swap.** Switch out white rice for brown rice or refined grain bread for whole wheat a few times per week.
- **Try a grain that is new to you.** There are many delicious whole grain and grain-like seed options out there! Consider preparing something new, like quinoa, millet, buckwheat, teff, sorghum, or oats.
- **Get popping.** If you're looking for a popcorn alternative, amaranth, sorghum, and millet can all be popped into tasty snacks, too!



BOOST YOUR INTAKE OF NATURALLY SWEET VEGETABLES.

- **Honor cravings.** Enjoy a baked sweet potato with a sprinkle of cinnamon with your meal when craving something sweet.
- **Explore the possibilities.** Consider ways you may be able to add naturally sweet vegetables, such as beets, carrots, corn, and peas, to your meals. For example, you could try roasted beets with ginger or a creamy corn soup.
- **Make it a snack.** Oven-roasted peas and homemade sweet potato chips are delicious snacks to try!



ADD MORE LEAFY GREEN VEGETABLES.

- **Stay on track.** Take note of how many handfuls of leafy greens you currently eat per week. Set a goal to increase this number weekly.
- **Include a variety.** Experiment with all the flavors that distinct types of greens have to offer! Consider arugula, dandelion greens, mustard greens, radish greens, turnip greens, and watercress.
- **Get creative.** Challenge yourself to identify new opportunities to sneak greens into your meals. Add spinach to your eggs, arugula to a pasta dish, microgreens onto a sandwich, or a handful of kale to your smoothie.



EAT FEWER HIGHLY PROCESSED FOODS.

- **Crowd out.** Gradually increasing whole, fresh foods in your diet can help you crowd out many packaged and processed options. For example, choose roasted vegetables or fruit alongside a sandwich instead of potato chips.
- **Check food labels.** When possible, choose packaged foods with minimal, whole food ingredients in lieu of those with food additives or ingredients that are hard to pronounce.
- **Make your own.** Consider the types of processed foods you eat on a regular basis and identify any versions you could make at home. From homemade crackers to homemade hummus, there are many opportunities to explore.



EAT MEALS MINDFULLY.

- **Sit down for meals.** Take time to slow down and chew your food well when you eat to support digestion.
- **Pay attention to all your senses as you eat.** Notice the colors on your plate. Smell the herbs and spices used in cooking, and with every bite, fully experience each flavor and texture on your tongue.
- **Tune in.** Put away any technology that may distract you at mealtime. If you'd like, consider listening to relaxing music as you eat.



NURTURE YOUR BODY AND MIND.

- **Lighten up.** Challenge yourself to find playful activities and spend more time with people who make you laugh.
- **Take a beat.** When you feel stressed or overwhelmed, force yourself to stop and take a few deep breaths.
- **Write it out.** When you're feeling overwhelmed, take some time to write down how you're feeling in a journal.



PRIORITIZE SLEEP AND REST.

- **Create a sleep routine.** Rather than fitting sleep in when you can, set a sleep goal (e.g., seven hours) and try to create an enjoyable sleep routine to help you stick to it.
- **Embrace quiet time.** Lie down, take deep breaths, and meditate or pray.
- **Sit outside.** Spend a few minutes sitting outside, allowing nature to relax and recharge your mind, body, and spirit.



ENGAGE IN REGULAR MOVEMENT.

- **Stand up every 30–60 minutes.** Get the blood flowing on a regular basis. Set a timer if it helps.
- **Fit it in.** Movement doesn't have to be an hour at the gym. Look for small opportunities to squeeze more movement into your day. Take the stairs rather than the elevator, get off the bus or subway one stop early, or park farther away from your destination.
- **Try something new.** Challenge yourself to try a new activity that gets you moving. You don't have to do it again if you don't enjoy it, but you might surprise yourself and find a new hobby you love.



NOURISH YOUR RELATIONSHIPS.


- **Make a date.** Schedule a weekly get-together with a friend or family member. It can be a regular date with the same person or hanging out with a different person at a new time each week. If getting together in person isn't an option, try arranging time to meet online or chat on the phone.
- **Listen fully.** Give people your full attention and practice listening more than you speak.
- **Offer a compliment.** Share one thing you like about someone in your life. Notice how it affects their mood and how it makes you feel.




ADOPT A SPIRITUAL PRACTICE.

- **Start small.** For one minute each day, simply sit still and focus on your breath. If thoughts arise, just notice them and return to your breath flowing in and out.
- **Send gratitude and positive energy.** Whether walking down the street or sitting quietly in your home, mentally send out positive thoughts of peace, health, and happiness to loved ones, strangers, or humanity at large.
- **Donate to something you consider meaningful.** Choose a cause you are passionate about, and donate your time, money, or whatever you can to support their mission.

Allow these tips to help you discover the health practices that truly support *you*. You don't need to follow them in any order and there's no need to try them all at once. Consider picking one step to start with and think about how you can begin to put it into practice. Use the spaces below to explore your plan for getting started!

 How will you support your health this week?

 What action steps will you need to take to implement this practice?