HEALTHY AT HOME

Improve your space to enhance your health

1 DESIGN YOUR DAY

Start your day with an intention or goal. Will you drink a certain amount of water today? Remember to move your body for 30 minutes? Whether you're an essential worker or working from home, design your day by prioritizing something for your health.

2 MAKE SPACE TO MOVE

Create a dedicated space to move your body! Whether it's a workout or a dance off, having a clear floor to move around in can make a difference in choosing to move. Adding mirrors, weights, or resistance bands can help it feel more like a gym.

3 DECLUTTER KITCHEN

Studies found that we tend to eat more in disorganized and chaotic environments. Is your kitchen looking a bit cluttered? Doing the dishes, taking out the trash, and clearing off the counters can help keep us on track. This will also make your kitchen a more inviting space to cook at home.

4 KEEP IT IN SIGHT

Trying to drink more water, eat more fruit, or move your body more? We're much more likely to do these when we have a visual cue in our sight. Keep a water bottle on your desk, fruit on the counter, or your workout shoes as a reminder of your goal.
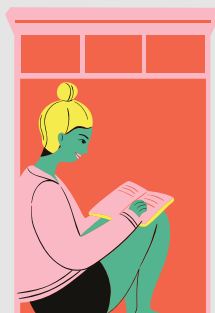
5 KEEP UP A ROUTINE

Many of our routines are looking a bit different. This is a great opportunity to bring in some healthier habits to our routines. Get the kids moving between their virtual class sessions. Take a family walk after dinner. Schedule times for movement.

6 CELEBRATE SUCCESSES

Remember to stay positive and give yourself recognition for all your efforts! Creating healthy habits can take time. It's important to celebrate our successes along the way.

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EXTENSION