

# 20 SMALL, DOABLE CHANGES FOR MAXIMUM WELLNESS RESULTS



Beginning Today  
Lifestyle Wellness

# SMALL NUTRITIONAL WELLNESS CHANGES

- Get your fat from natural food items (cheese, milk, nuts, fish)
- Hunger may be a sign you are dehydrated; try drinking water
- Start your meal with a salad (dressing on the side)
- Don't shop when you are hungry
- Sit down and eat mindfully
- Eat the rainbow (be aware that there are always exceptions)

# SMALL EMOTIONAL AND MENTAL CHANGES

- Start small and stay focused when clearing clutter
- Relieve stress by laughing
- Make a list to clear your mind

- Stick to regular bedtimes
- Practice daily mindfulness
- Record daily meals, water intake, and activity
- List reasons you want to take care of you
- When you are feeling blue, "move that body"

## SMALL PHYSICAL WELLNESS CHANGES

- Identify your reason for being active
- Create a bedtime routine
- Stretch before and after "moving that body"
- Set goals based on the time and energy you have right now
- Drink enough water (general rule is eight, 8-ounce glasses per day)

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