

How to Maintain Healthy Habits

1. Diet

Keep unhealthy foods out of the house

Carry around healthy snacks

Have a game plan before eating out

2. Exercise

Keep a daily log of your exercise activities

Stick to a regular time every day

Choose an activity you like to do and make sure it suits you, physically

3. Social

Practice self-care on the regular

Don't be afraid to say "no"

Reach out to others for support if you need it

4. Sleep

Set a consistent sleep schedule

Avoid electronics in the bedroom

Create regular bedtime rituals