



101 Ways to Wellness

Keep a positive attitude ♦ Control your stress ♦ Stay active ♦ Do self-exams ♦ Stop smoking now Soothe your fears ♦ Challenge your mind ♦ Get a massage ♦ Budget time and money ♦ Forgive and forget ♦ Walk miles each week ♦ Enjoy the outdoors ♦ Go bananas for fruits ♦ Value your veggies ♦ Avoid overload ♦ Exercise your mind, body and spirit ♦ Knock out bad fats ♦ Think happy thoughts ♦ Avoid dangerous drugs ♦ Eat a balanced diet ♦ Drink green tea or black ♦ Maintain lower blood pressure ♦ Slow down on sugar ♦ Learn to breathe deeply ♦ Rinse fresh fruits & veggies ♦ Practice cleanliness ♦ Take medicines as directed ♦ Count your calories ♦ Scale down your weight ♦ Walk briskly ♦ Curb cholesterol with oatmeal ♦ Keep up with checkups ♦ Give people more than they expect and do it cheerfully ♦ Talk slowly, but think quickly ♦ Cherish your values ♦ Be gentle with the earth ♦ Share your feelings with others ♦ Meditate ♦ Appreciate life ♦ Keep an open mind ♦ Protect your hearing – avoid loud noises ♦ Eat smart ♦ Warm up and stretch before exercising ♦



Buckle your seatbelt ♦ Use common sense ♦ Drink 8 glasses of water each day ♦ Take charge of your own money and life ♦ Don't drink and drive ♦ Eat fruits for dessert ♦ Learn to say no ♦ Get regular dental checks ♦ Take vitamin E ♦ Practice portion control ♦ Sit up straight ♦ Cut the caffeine ♦ Stretch out during the day ♦ Pray and give thanks ♦ Brush and floss often ♦ Stay fit for life ♦ Vary your routine ♦ Proclaim your greatness ♦ Laugh often ♦ Don't believe all you hear ♦ When you lose, don't lose the lesson ♦ Mind your own business ♦ Take responsibility for your actions ♦ Never laugh at anyone else's dream ♦ Be skeptical of scams ♦ Don't neglect diabetes ♦ Substitute the salt ♦ Cook and store food safely ♦ Organize your life ♦ Wear your helmet for biking and skating ♦ Shun the sun ♦ Look for new adventures ♦ Detox with antioxidants ♦ Get enough sleep ♦ Accept success ♦ Count your blessings ♦ Keep a journal of happiness ♦ Work at relationships ♦ Cool down and stretch after exercising ♦ Manage anger wisely ♦ Keep up with health news ♦ Resolve conflicts peacefully ♦ Dress for the weather ♦ Respect your body ♦ Fuel up with fiber ♦ Reduce your risks ♦ Be tobacco-free ♦ Search for goodness ♦ Be adequately insured ♦ Learn Internet safety skills ♦ Avoid eyestrain ♦ Feel good – volunteer ♦ Ask questions of your doctor ♦ Weight train for bone and muscle strength ♦ Share your feelings with others ♦ Celebrate life ♦ Love others ♦ Love yourself ♦ Be peaceful

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WOMEN'S HEALTH
ALABAMA DEPARTMENT
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