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 ✦ 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 vita-

min 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 great-

ness ✦ 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 skepti-
cal 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 con-

flicts 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