

Are You Practicing Healthy Living?



Being healthier doesn't have to mean overhauling your entire lifestyle. Sometimes all it takes is a few simple changes. While most people want to lose weight, get fitter, get healthier, it can be tough forming the habits. But there are few simple ways we can stay healthy. Use this checklist to see if you are doing everything you can to be healthy!

Health and Wellness Checklist - Do you do these things daily or often?

Activity to Consider	Yes	No
Drink lots of water		
Eat fruits and vegetables		
Exercise		
Worry less		
Stay happy		
Think positive		
Get enough sleep		
Keep your surroundings clean		
Practice good hygiene		
Enjoy quality time with your loved ones		
Create a bucket list to achieve		
Travel and enjoy nature		

* See how you rate. If you answered No to any of these consider making a change!

Read this article on 2 Key Lifestyle Changes that can [help http://seniorslifestylemag.com/health-well-being/2-key-lifestyle-changes-that-will-improve-senior-living/](http://seniorslifestylemag.com/health-well-being/2-key-lifestyle-changes-that-will-improve-senior-living/)