

## **Healthy Living Checklist**

1. Drink up – try to get seven to eight glasses of water a day
2. Get your sweat on – try to squeeze in 30 minutes of exercise a day
3. Stretch it out – make time to stretch your muscles each day
4. Plan for recovery – make your appointment for massage, physio, chiropractic
5. Plan ahead – plan meals in advance to keep progress on track
6. Journal your tasks – writing down your fitness and nutrition goals will help to solidify all the hard work you've put in
7. Mindful eating – try to slow down your eating; this will help with digestion and satiety
8. Positive attitude – enjoy the process. It doesn't have to be daunting. Laugh more and surround yourself with positive people
9. Digital detox – try to shut down all phones and computers one hour before bed
10. Get quality sleep – always aim for six to eight hours of sleep a night