

Happy New You A to Z

Use this checklist to have fun and include some healthy habits throughout the holidays. Challenge your friends and family to see how many items they can check off, too!

- A** Consume zero **ALCOHOLIC** beverages for one day.
- B** Eat a **BREAKFAST** containing protein and fiber.
- C** **CHEW** your food until it turns liquid in your mouth.
- D** Complete 10 tricep **DIPS**.
- E** **EXERCISE** for 30 minutes. Housecleaning counts.
- F** Consume 4 cups of **FRUIT** today.
- G** Consume 4 cups of **GREEN LEAFY VEGGIES** today.
- H** **HYDRATE** with 64 ounces of water today.
- I** Try an **INCLINE** of 2% or more on the treadmill.
- J** **JUST DANCE . . .** Or play. Move your body freely.

- K** KEEP YOUR HANDS BUSY. Creativity / Music / Hobbies
- L** LAUGH out loud. Watch a comedy / joke with friends.
- M** MEDITATE or simply quiet your mind for 15 minutes.
- N** NO EXCUSES: do one thing you've been putting off.
- O** Try ORGANIC.
- P** Complete 10 PUSHUPS .
- Q** QUIT one unhealthy habit for a day.
- R** Do something that RELAXES you.
- S** Do a SOCIAL workout - group class / workout buddy.
- T** TAKE A 15-MINUTE BREAK from what you're doing.
- U** UNDER-SERVE. Eat to satisfaction and save or discard remainder.
- V** VEER away from dessert for one day.
- W** WALK for 10 minutes, twice today.
- X** CROSS-TRAIN: do physical activity you're not used to.
- Y** Try YOGA.
- Z** Be ZEN: Try meditation or deep breathing at your desk today.