

WELL-O!

Try a new healthy recipe for a meal	Bring your lunch to work.	Get at least 8-9 hours of sleep on a weeknight	Read a book or meditate instead of watch TV or surfing the web	Listen to an inspiring seminar or podcast.
Eat at least 5 servings of Fruit / Vegetables on 2 days	Try a new exercise activity or one you have not done in a while	Participate in a recycling program or spend time picking up trash along a road/park	Call someone you haven't talked to in over a year	Take 10 minutes to stretch during the work day.
Walk or ride a bike somewhere that you normally drive	Choose a healthier item than your usual choice at a restaurant	Go for a walk or get exercise for 30 mins before the work day	Go two whole days without pop coffee or energy drinks	Stop eating a meal when you know you have had enough to eat not when you feel full.
Go without Fast Food for 1 week	Participate in charitable/community event	Go a whole day without watching TV or surfing the web	Park at the farthest away parking space at a store or work each day for a week.	Drink 64 oz (4 large Walk or get exercise with * glasses) of water
Smile at everyone you meet for one day.	Exercise enough to sweat for 30 minutes	Walk with a co-worker on your lunch	Get a To Go Box at a restaurant and fill it with food before you eat your meal.	Go for a walk after large meal

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