

100 Small Changes

1. Schedule your routine physical — and keep the appointment!
2. Be compliant with medical treatment recommendations and age-appropriate screenings.
3. Schedule your eye exam.
4. Visit the dentist for routine cleanings.
5. Clean out your medicine cabinet and get rid of your old medications.

Diet and Exercise

6. If you drink whole milk, switch to a lower percentage of fat or try skim milk.
7. Drink a glass of water before a meal.
8. Don't let bad weather prevent you from exercising. Walk briskly through the mall and shop 'til you drop... pounds.
9. If you drink soda, switch from regular soda to diet soda to save calories.
10. Consume alcoholic beverages in moderation, if at all.
11. When having a latte, hot chocolate, or cappuccino, use skim milk to save calories.
12. Don't skip breakfast!
13. Keep the serving bowls off the table — it may discourage a second helping.
14. Eat dessert only one time per week — not every day.
15. Don't eat late at night.
16. Walk to co-workers' desks instead of emailing or calling them.
17. Eat one vegetarian meal a week.
18. Eat lean cuts of beef and poultry.
19. Eat on a smaller plate — the smaller the plate, the smaller the portion.
20. Don't eat any portion larger than your fist.
21. Increase the fiber in your diet — eat whole fruits, nuts, whole grains.
22. Cut up some carrots and celery and keep them handy for a healthy snack.
23. Share an entrée with a friend or family member.
24. Wait 10 to 20 minutes before having more food; maybe you won't want it later.
25. Snack on fruits and vegetables.
26. When ordering in a restaurant, ask if they have half portions.
27. Eat an appetizer instead of an entrée.
28. Ask for salad dressing on the side.
29. Try a green salad instead of fries.
30. Share a dessert, and only have the first bite and the last.
31. When you see a plate of cookies, stop and think. Maybe you will decide you don't really want one.
32. If you find it difficult to be active after work, try it before work.
33. Take a walk or do desk exercises instead of taking a cigarette or coffee break.
34. Try a new fruit or vegetable — you may find one you really like!
35. Eat before going to buy groceries — shopping while hungry makes for impulse buys.
36. To eat more fruit, try adding them to your cereal or your salad.
37. Try eating whole grain breads once a week; you might find you like them.
38. Lower the sodium. Rinse canned foods such as tuna and canned beans to remove some of the sodium.
39. Use spices instead of salt. Start by cutting salt in half.
40. Try to avoid food buffets — all those choices make for a lot of temptation.
41. If you don't get to the gym, walk in place during commercial breaks when watching your favorite television show.
42. Stretch when you wake up.
43. Buy a set of hand weights and play a round of Simon Says with the kids; you do it with the weights, they do it without.
44. Do deep breathing exercises before you go to bed — you may sleep better.
45. Go to bed ten minutes earlier each night until you get the recommended amount of sleep.
46. Ride a bike to work or to visit a friend.
47. Take the stairs instead of escalators and elevators.

48. Park away from the door when running errands (but be safe too!).
49. Limit soda and sugary beverages.
50. Drink lots of water — add mint or citrus.
51. Substitute 100% whole wheat flour for white flour.
52. Try brown rice or whole wheat pasta.
53. Every time you eat a meal, sit down, chew slowly, and pay attention to flavors and textures.
54. Smile when you exercise.
55. Top your favorite cereal with apples or bananas.
56. If you can't lose weight, at least try not to gain weight.
57. When possible, walk to a restaurant rather than driving.
58. Substitute low-fat frozen yogurt for ice cream.
59. Grill, steam, or bake instead of frying.
60. Use vegetable oils instead of solid fats.
61. Try your burger with just lettuce, tomato, and onion.
62. Keep a log of your meal/snack and physical activity patterns.
63. Team up with others to exercise — motivating each other makes the time pass quicker.
64. Refrigerate prepared soups before you eat them. As the soup cools, the fat will rise to the top. Skim it off the surface for reduced fat content.
65. Shop around the edges of the supermarket to avoid the highly processed, low-nutrient products. The nutrition and the good value are around the edges.
66. Limit the number of times you eat fast food.
67. If you are hungry, try drinking a beverage. You may only be thirsty.
68. Eat one meal in a quiet space so you think about what you are eating.
69. Listen to upbeat music when you exercise to motivate you to exercise longer.
70. When buying your favorite snack, divide it into portions and save some for a later time.

For Emotional Health

71. Take a 10-minute break to give yourself time to breathe, reflect, relax, and re-group.
72. Take a walk with a friend.
73. Call an old friend and catch up.
74. Be more aware of your breathing — take a deep breath vs. a shallow one.
75. Take time each day to absent yourself from technology.
76. Laugh often.
77. Take advantage of the Employee Assistance Program for emotional support.
78. Start a hobby that provides satisfaction.

Financial

79. Set up a budget and pay off debt.
80. Reduce your dependency on credit cards.
81. Make an effort to pay off your balance in full and on time every month.
82. Think short-term with credit cards. As a rule of thumb, don't purchase items that you can't pay off in 6 months to a year.
83. If you think you're going to be late with a payment, call your creditor and ask for an extension.
84. Update or create a will and an advance directive.
85. Get your free annual credit report at www.annualcreditreport.com

Intellectual Pursuits

86. If you like reading, alternate between reading a current book and a classic, and try something outside your usual genre at least once a year.
87. Have a game night with family or friends — it gets you off the couch, and trivia games provide learning and conversation.
88. Get involved in your community.
89. If you commute by train or bus, do puzzles and games that challenge the mind.
90. Read a newspaper every day.
91. Learn how to play bridge or another mind game to keep your mind sharp.

Community Involvement

- 92. Take an interest and action in local issues. (There are lots of ways to link to your personal interests: education system, community gardens, politics and elections, neighborhood watch, assisting an elderly neighbor, etc.)
- 93. Join a service group to act locally and think globally.
- 94. Participate in walk-a-thons in your area; they're good for both exercise and fundraising.
- 95. Volunteer 5% of your time. Try it; you may enjoy it.
- 96. Start a walking group at your parish.

Spiritual

- 97. Go on a retreat.
- 98. Make time for prayer.
- 99. Join a bible study group.
- 100. Set aside sacred time for yourself.