Living healthy and loving it

100 PAINLESS WAYS TO LIVE A HEALTHIER LIFE

Take the stairs instead of the elevator. Use olive oil and vinegar instead of ranch dressing. Walk or ride your bike instead of driving. Take a hike. Take dancing lessons. Try grilled fish instead of fried. Eat whole wheat bread. Dance to the radio. Don't buy prepared food – make it yourself. Buy fresh vegetables instead of canned. If it says "partially hydrogenated" on the package, don't eat it. Go on after-dinner bike rides with your kids. Flavor your food with vegetables and spices, not salt. Take up cross-country skiing. Walk the dog. Drink water. If you already drink water, drink more. Wash your hands. Order a baked potato instead of French fries. Quit smoking. Use skim or 1/2% milk. Drink fewer soft drinks. Eat whole-wheat pasta instead of white pasta. Substitute lean ground turkey for ground beef in spaghetti. Run around with your kids. Park at the far end of the parking lot. Water down juice. Eat low-fat frozen yogurt for dessert instead of ice cream. Take carrots to work for a healthy snack rather than hitting the vending machine. Avoid alcoholic beverages. Eat dinner at least two hours before bedtime. Change your eating habits instead of dieting. Exercise 20 minutes a day, three times a week. Don't go to the grocery store hungry. Stock your house with healthy snacks instead of cookies. If you crave something sweet, have a piece of fruit. Make pudding with skim milk as a healthy dessert. Avoid fried foods. Use cooking spray instead of butter or oil. Eat breakfast every day – it starts your metabolism for the day. Eat cereals high in fiber and low in sugar. Try skim milk in your cereal instead of whole. Meet a friend for a walk instead of coffee. March in place while you watch TV in the evening. Have a healthy outlook. Eat pretzels instead of peanuts. Avoid soups made with cream.

Eat lunch outside. Order salad dressing on the side and use a limited amount. Make food on the weekends and freeze for meals during the week. Resist the temptation to run out for fast food. Try heart healthy menu items. Eat low-fat cheese. Order marinara sauce instead of cream sauce or white sauce. Ask for items prepared with light oil or light butter. Try a turkey burger instead of a hamburger. Prepare well-rounded meals with plenty of vegetables. Stretch in the morning when you get out of bed. Smile. Take 30 minutes for lunch and 30 minutes for a walk. Do yoga. Try exercise tapes. Walk to neighborhood locations instead of driving. Try low impact aerobics. Take a swim. Use fruit juice to sweeten foods rather than sugar. Limit your caffeine intake. Suck in your abs while you're sitting at work. Take a short, brisk walk every hour. Share your success stories with friends. Don't be a slave to the scale. Try a banana instead of banana bread. Eat a bagel instead of a donut. Limit your use of butter on bread. Try bread without butter. Try barbeque sauce on a baked potato instead of butter or sour cream. Order an egg white omelet. Order an omelet without cheese and load up on veggies. Try olive oil instead of vegetable oil but don't overdo it. Exercise with a friend. Exercise with your family. Join a fruit of the month club instead of beer of the month club. Make a fruit smoothie instead of a milk shake. Indulge every so often and don't feel guilty. Make a commitment to living a healthier life. Use low-fat mayonnaise. Take lunch to work instead of going out. Go dancing instead of a movie. Play basketball instead of watching it on TV. Join a local fitness club. Set goals and stick to them. Have a light snack an hour before exercising. Buy low-fat graham crackers. Try baked potato chips. Don't buy foods high in fat. If you go to the beach, take a long walk down the shore. Take deep cleansing breaths throughout the day. Don't clench your teeth. Be nice to people around you. Read all the information in this packet and use it.

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