

Wellness Wednesdays Ideas for Individuals

- Use active transportation (walking, biking, rollerblading) to a meeting or event instead of driving.
- Park further away.
- Choose a healthy snack including fruit, nuts or vegetables.
- Wash and cut vegetables/fruit so they are ready to snack on!
- Exercise at least 10 minutes: even just walking around the block a few times!
- Clear your head by using TAKE 5 ideas from www.MowerRefreshed.org
- Stand up and stretch each hour: change positions and move!
- Encourage others to do one healthy thing and lead by example.
- Smile ☺
- Take a walk outside during the day and enjoy the outdoors year round.
- Exchange one thing you do for a healthier habit.
- Move your body when watching T.V
- Stay connected: call a friend | text your kids encouraging words | write a letter | go on a date with your spouse | let your son or daughter in law know they matter.

**Share your ideas and inspire us all to live out
wellness on Wednesdays!**