



21 Days of being healthy

Aetna Resources For Living

Your health includes both mind and body. And small changes can add up to big outcomes. Did you know that doing four push-ups a day will lead to over 1,000 push-ups a year? Or going from two sodas a day to one can save up to 4,200 calories a month?

For each of the next 21 days, take at least one small step to improve your health. Here are some ideas:

1. Add a serving of fruit or veggies to each meal	2. Go tech free for an hour	3. Go to bed five minutes early	4. Take the stairs instead of the elevator	5. Drink eight glasses of water a day	6. Call an old friend	7. Schedule your yearly physical
8. Use a fitness tracker to measure your activity	9. Start a gratitude journal	10. Do something that makes you laugh	11. Stop eating when you feel full	12. Go for a walk outside	13. Meditate, pray or be still for five minutes	14. Say “no” to projects that will overwhelm you
15. Carry healthy snacks	16. Find fun ways to move your body	17. Challenge your brain — read a book or work on a puzzle	18. Schedule a dentist appointment	19. Avoid skipping meals	20. Try a new activity	21. Schedule your next vacation

Health doesn't have to be complicated. Use the next 21 days to start a lifetime of healthy habits.

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