



CHANGE YOUR HABITS, CHANGE YOUR BUDDIES

Small habit changes have the power to transform your health. That is why we created this simple habit change chart.

We encourage you to pick one new healthy habit you can implement into your life each week from the simple habits to the more progressive. They can all improve your health!

	ENHANCE YOUR WATER QUALITY INTAKE	HELP THE BUDDIES SLEEP	REDUCE STRESS WHILE EATING
SIMPLE	 <p>Change the carbon water filter on your refrigerator.</p>	 <p>Practice a regular bedtime routine. It's a way to calm down and get your brain ready for sleep.</p>	 <p>Don't wait too long to eat. Keep to a regular eating schedule and bring healthy snacks with you to prevent overeating and bad choices.</p>
MEDIUM	<p>Make sure the water you are drinking throughout the day is quality water and you are drinking at least half your body weight in ounces.</p>	<p>Make sure you are sleeping in a dark room to avoid disrupting sleep cycles. For kids, make sure their nightlight isn't too bright or directed toward them!</p>	<p>Focus on being present instead of mindlessly eating. Enjoy a good conversation with family or a friend or use this time to be alone and recharge. No phones, no TV, no gadgets.</p>
PROGRESSIVE	<p>Invest in quality water purification for your home such as an under-the-sink reverse osmosis system.</p>	<p>Reduce blue light exposure from tech gadgets prior to bedtime. At night, light throws the body's biological clock - the circadian rhythm - out of whack. Get blue light blocking glasses or filters to help with this.</p>	<p>Practice the 20-Minute Meal. Take time to chew each bite 15 times, put the fork down between bites, breathe and enjoy. Eating slowly prevents overeating and aids in digestion.</p>