

# focus on good health



FocusOnGoodHealth.com is an EXIT Realty Health and Wellness Initiative

					<p><i>January 1</i> Relax, rest and repeat. Make time today to do absolutely nothing! A well-rested body, mind and soul will serve you 10-fold.</p>	<p><i>2</i> Get serious about preventative health! Plan to balance regular meals, exercise, work, rest and play over the next 21 days.</p>
<p><i>3</i> A healthy lifestyle is made up of a collection of small, daily decisions. Exchange one bad habit for one good habit today.</p>	<p><i>4</i> Make it a “meat out Monday. Choose protein alternatives like beans, tofu or lentils. Check out <a href="http://meatoutmondays.org">meatoutmondays.org</a> for recipe ideas!</p>	<p><i>5</i> Time to detox. Use water to help cleanse your body of all the caffeine, alcohol and sugary drinks consumed during the holiday season.</p>	<p><i>6</i> Get outside and add a little sunshine to your life! If the sun isn’t shining where you are, supplement with Vitamins C and D.</p>	<p><i>7</i> Cook extra and freeze batches of your favorite foods so you always have healthy meals available when you are pressed for time.</p>	<p><i>8</i> Step away from the scale. Gauge your fitness and nutrition success by how you feel, not by how much you weigh.</p>	<p><i>9</i> Try a new way of cooking – experiment with broiling, boiling, poaching, steaming, braising, roasting, grilling, sautéing and stir-frying.</p>
<p><i>10</i> Consider donating blood. Every 2 seconds someone in the U.S. needs blood and less than 10% of the population donates each year. #itsinyoutogive</p>	<p><i>11</i> Consistently dedicate time to a fitness regime that suits your lifestyle. Create a plan that you can and will do to yield the best results.</p>	<p><i>12</i> Commit 10% of your earnings each month to continuing your education. Learning is an indispensable investment.</p>	<p><i>13</i> Slouching? Your posture counts! Challenge yourself to sit up straight throughout the day.</p>	<p><i>14</i> Learn the effective use of the words Yes and No. You are more powerful than you realize and you always have a choice.</p>	<p><i>15</i> Avoid passive eating. If you find you have habits that don’t serve you, especially while in front of a television or computer, substitute water for food.</p>	<p><i>16</i> Hang out with healthy people. It’s said that you are like the 5 people with whom you spend the most time. Who’s in your sphere of influence?</p>
<p><i>17</i> A day of worry is more exhausting than a week of work. Affirm a positive outlook so that you don’t get in your own way.</p>	<p><i>18</i> Let those around you know that you are there for them. Dependable support is the basis of any successful team.</p>	<p><i>19</i> Take regular weekly office meetings outside and turn them into ‘walking meetings’. You’ll return feeling refreshed mentally and physically.</p>	<p><i>20</i> Refrain from all-or-nothing ways of thinking. Maintaining perspective is crucial to positive thinking.</p>	<p><i>21</i> Take a class and try a new instructor at your favorite gym to change-it-up and give your body and mind a new challenge.</p>	<p><i>22</i> Make a point of saying good morning to each person that you encounter today. And remember to smile!</p>	<p><i>23</i> Who said exercise had to be boring? A one-hour dancing session can burn up to 400 calories and boost your mood.</p>
<p><i>24</i> Love yourself. Reflect on your strengths today. Breathe deeply to help maintain mental clarity and level-out stress. <i>31</i></p>	<p><i>25</i> Effectively allow yourself to be the fullest expression of self. Embrace that you are perfectly imperfect.</p>	<p><i>26</i> Affirmations are the blueprints for your life. Add 5 new affirmations to your daily ritual to enrich your experience.</p>	<p><i>27</i> Consider taking a CoQ10 supplement. CoQ10 is a powerful antioxidant that fights free radicals which can damage cells and DNA.</p>	<p><i>28</i> Out of sight, out of mind, out of mouth. Curb cravings by only stocking whole foods at home and avoiding vending machines and fast food.</p>	<p><i>29</i> Use the 1 in 10 rule: for every 10 grams of carbs look for at least 1 gram of fiber. 10:1 foods tend to have less sugar, sodium and trans fats.</p>	<p><i>30</i> Choose paper, not plastic. Studies show we are less likely to splurge on impulse-buys if we have to pay cash versus using a credit or debit card.</p>