

## **I Quit... I Add... I Replace...**

## *Healthy Habits Suggestions*

### **I Quit**

- Quit buying junk at the mini mart on your way to work
- Quit eating out for lunch most days of the week
- Quit eating out for dinner most days of the week
- Quit skipping breakfast
- Quit sitting on the couch immediately after work
- Quit using your cell phone at the table or in the company of actual people
- Quit sugar based drinks
- Quit sugar in my coffee

### **I Add**

- Add 2 glasses of water per day
- Add daily prayer or meditation time
- Add a night time sleep routine (to encourage more and better quality sleep)
- Add saying something kind to my significant other/children/co-workers
- Add one thing I "enjoy" every day
- Add 3 servings of fruit and vegetables to my diet per day
- Add recycling

### **I Replace**

- Replace a cigarette with a piece of gum (process of cutting back)
- Replace sugar in my coffee with low/no calorie sweetener
- Replace one hour of TV with something physical exercise/healthy cooking/etc.
- Replace one hour of TV with organizing a room/drawer/etc.
- Replace scrolling through facebook with writing one note per day to someone (friend/family)
- Replace fast food with home cooked/prepared meals
- Replace processed foods with real food (even for just one meal per day)