

GREG HULLINGER || **FITNESS** ||

DEVELOP GOOD HABITS



PHYSICAL ACTIVITY

- Do housework.
- Take 30-minute early morning walks.
- Implement the two-minute walking habit for every hour that you sit.
- Take the stairs instead of the elevator.
- Walk whenever you can.
- Use a treadmill desk.
- Use a height-adjustable desk.
- Aim for 10,000 steps a day. Wear a step-tracking device.
- Take a dance break.
- Go hiking more often.
- Do yoga.
- Go rock climbing.
- Go geocaching.
- Workout during TV commercials.
- Do some Deskercise.

FORGIVENESS

- Don't go to sleep angry.
- Focus on understanding yourself instead of blaming others.
- Live in the present instead of being stuck in the past.
- Do it for yourself and your own peace of mind.
- Remember the times when you were forgiven.
- Remember people when they were children.
- Remember why you love people.
- Remember that it's better to be kind instead of right.
- Observe, don't judge.
- Take responsibility for your own shortcomings.
- Acknowledge your growth from the experience.

HEALTHY EATING

- Avoid eating when feeling stressed.
- Use portion-control containers to store your meals.
- Use portion-control plates when eating at home.
- Listen to your hunger cues.
- Drink plenty of water and healthy fluids.
- Keep a food diary or journal.
- Make and drink healthy smoothies.
- Learn how to read nutrition labels.
- Stay away from fun-size candy bars and other treats.
- Plan your meals every week.
- Make your own single-serving snack packs.
- Limit distractions during meal times.
- Take probiotics daily
- Stick to your grocery list.
- Try turmeric supplements
- Take smaller bites and eat slowly.
- Chew your food at least five times before swallowing.
- Drink before you get thirsty

PREVENTATIVE HEALTH SCREENING

- Bone mineral density test (women).
- Mammogram (women).
- Colonoscopy.
- Fasting plasma glucose test.
- Eye exam.
- Hearing test.
- Dental exam and cleaning.
- Abdominal aortic aneurysm screening (for men only).
- Blood pressure screening.
- Cholesterol screening.
- Prostate screening (men).
- Lung cancer screening.
- Testicular self-exam (men).
- Pap test and HPV test (women).
- Chlamydia test (women).
- Gonorrhea test (women).
- HIV test and other sexually transmitted infection tests.
- Skin exams.
- Influenza (flu) vaccine.
- Hepatitis A vaccine.
- Hepatitis B vaccine.
- Herpes zoster vaccine.
- Human papillomavirus (HPV) vaccine.
- MMR (measles, mumps, rubella).
- Meningococcal (meningitis).
- Pneumonia vaccine.
- Tetanus, diphtheria, pertussis.
- Varicella (chicken pox)

HEALTHY LIVING

- Avoid caffeine in the afternoon.
- Avoid heavy meals close to bedtime.
- Keep your pets out of the bed.
- Be consistent in your sleep schedule.
- Don't drink too many fluids before bed.
- Quit smoking.
- Set your room temperature between 60-67 degrees F.
- Shut off electronics at least an hour before bed.
- Wear socks.
- Get spiritual.
- Visualize. Think happy thoughts.
- Keep a sleep log.
- Have a wind-down sleep routine.
- Learn how to get back to sleep.
- Make sure that the room is dark and quiet.
- Use an essential oil diffuser with the right essential oil for sleep.

TRY SOMETHING NEW

- Learn a new language.
- Watch a foreign language film (with subtitles, of course).
- Try eating at a new restaurant. Let the waiter pick out your meal.
- Travel to somewhere you've never been before.
- Sign up and attend a class related to your work.
- Try a new sport.
- Cook a easy meal you've never tried before.
- Take a different route to work, or get there in a new way.
- Take a road trip.
- Try a new look.
- Listen to a new (to you) genre of music.
- Read a book from an author you've never heard of.
- Try a new form of exercise.
- Watch a new play or musical.
- Watch a drag show.
- Go one week without Internet.
- Go one weekend without spending

STRENGTH AND FLEXIBILITY

- Pushups.
- Crunches.
- Curl to press.
- Fly to tris.
- Lying march.
- Ball squat.
- Dips.
- Tripod row.
- Shoulder and chest.
- Arm across chest.
- Triceps stretch.
- Glute stretch.
- Adductor stretch.
- Single leg hamstring.
- Standing quadriceps.

LAUGH MORE

- Learn the therapeutic benefits of laughter.
- Commit to laughing more.
- Watch silly TV shows and movies.
- Consider checking out a laughter yoga club.
- Join a laughter-based exercise program.
- Engage in voluntary, self-initiated laughter.
- Schedule time to watch funny videos on YouTube.
- Spend more time with your pets.
- Read funny books or newspaper comics.
- Have a favorite comedian.
- Watch a stand-up comedy show live or on YouTube.
- Listen to funny podcasts.
- Meet up with old friends and reminisce.
- Visit an amusement park.
- Look at your old pictures.

QUIET YOUR MIND

- Practice a morning breathing exercise.
- Create an “if-then” plan for times when monkey mind starts to get the better of you.
- Practice morning meditation.
- Practice shower meditation.
- Be an observer of your own thoughts.
- Practice pranayama.
- Practice qigong.
- Start a journal or write your “morning pages.”
- Create a tea or coffee ritual.
- Practice yoga.
- Recite mantras or positive affirmations.
- Build focus.
- Practice mindful eating.
- Take a digital break regularly.
- Take a music break.
- Decrease distractions.

GRATITUDE

- Keep a gratitude journal.
- Give at least one compliment every day.
- Say thank you
- Say grace before meals.
- Each morning, think of at least three things you are grateful for.
- Smile more often.
- Volunteer for organizations or causes you believe in.
- Write a friend, relative or new acquaintance a Thank You note for being part of your life.
- Make a gratitude collage.
- Appreciate nature.
- Listen actively when someone else is talking.
- Write and send a thank you notes.
- “Look for the helpers.” - Fred Rogers
- Be thankful when you learn something new.
- Reward effort.

BE WITH FAMILY/FRIENDS

- Make it a point to eat dinner together as a family.
- Schedule a weekly family night.
- Schedule yearly family vacations.
- Exercise, do chores, and play together.
- Read bedtime stories to young kids, and share books with older ones.
- Keep and continue to grow your family photo albums.
- Get to know your children's friends.
- Help your kids with homework.
- Go camping together.
- Bring your kids to school.
- Leave love or encouraging notes.
- Work on common goals with (a) friend(s). Be each other's accountability partner.
- Host a sleepover.
- Plan a reading date with your friend(s).
- Help your friends with chores.
- Meet up with friends for lunch at least once a month.

ADDRESS ADDICTIVE BEHAVIOR

- Start by admitting that you have a problem.
- Understand the consequences of your addictive behavior.
- Assess how bad your addictive behavior is.
- Know and consider your personality.
- Discover what's driving the behavior.
- Understand your habit loop. Identify your triggers. Learn how to break bad habits.
- Engage in a new, different routine that disrupts your addictive behavior.
- Keep an accountability journal. (like the Freedom Journal)
- Reward yourself.
- If you feel you need professional help, consider seeing a therapist.