



## Adopting Healthy Behaviors and Habits

Healthy behaviors and habits apply to all aspects of your health and well-being, from nutrition and fitness to mental and financial health. Consider this tip to help you adopt healthy behaviors and habits:

### Focus on one thing at a time.

Remember, healthy lifestyle habits are for the long haul. With that in mind, incorporate behavior changes one at a time. It's easier to focus on one thing and adjust to that change before moving on to the next thing.

### Want more?

Get nine more tips to help you adopt healthy behaviors and habits at **[PacificSource.com/HealthyBehaviors](https://PacificSource.com/HealthyBehaviors)**.