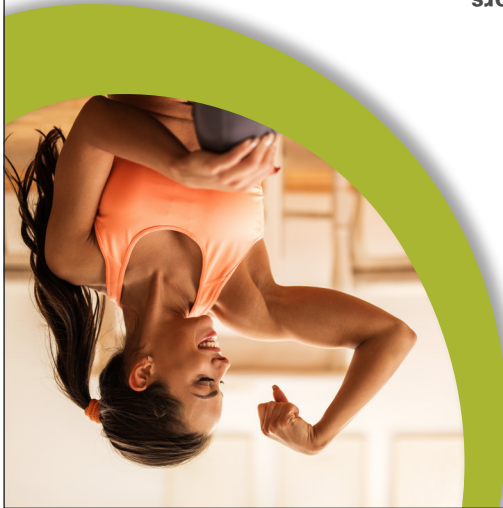


Focus on one thing at a time. Remember, healthy lifestyle habits are for the long haul. With that in mind, incorporate behavior changes one at a time. It's easier to focus on one thing and adjust to that change before moving on to the next thing.

Want more? Get nine more tips to help you adopt healthy behaviors and habits at PacificSource.com/HealthyBehaviors.

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