



Five Ways to Build **Bite-size Habits**

Whether you're setting New Year resolutions or just trying to develop healthier lifestyle habits, it's best to start small.

Here are some bite-size changes you can make for a healthier lifestyle:

- 1. Start with a healthy breakfast.** It'll not only provide you with maximum energy for your day, but it'll also help you feel confident and accomplished from the beginning.
- 2. Drink plenty of water.** Start and end each day with a glass of water. Proper hydration can provide you with more energy and a faster metabolism.
- 3. Smile!** Smiling can help relieve stress, lower blood pressure, and boost our immune system. It can also boost your mood and the mood of others around you.
- 4. Focus on good posture.** Practicing good posture can strengthen your back muscles and allows more oxygen to get to your brain, which can help you feel more confident.
- 5. Give yourself a bedtime.** Give yourself a hard bedtime to get seven hours of sleep. Regular sleep habits will help you feel more energized and productive during the day.

Want more?

Get more bite-size habit tips at PacificSource.com/healthyhabits.

