

## **FIFTEEN EVERYDAY HABITS OF HEALTHY PEOPLE**

You manage your finances well and live within your means. You have enough money to do everything you want to do.

You set and reach goals on an ongoing basis.

You always make time for trips or vacations with family and friends.

You use your strengths to do what you do best every day.

You feel safe and secure in your community.

You learn something new or interesting every day.

You have someone in your life who encourages you to be healthy.

You eat healthfully every day.

You eat five servings of fruits and vegetables at least four days every week.

You go to the dentist at least once per year.

In the last twelve months, you have received recognition for helping to improve the city or area where you live.

You don't smoke.

You are of a normal, healthful weight.

You exercise at least thirty minutes at least three days per week.

You are active and productive every day.

Dan Buettner, author of BLUE ZONES