

HEALTHY LIFESTYLE CHECKLIST

- Quality sleep
- Regular exercise
- Drink plenty of water
- Healthy eating habits
- Regular check-ins with your healthcare provider
 - Less screen time
 - Read more
- Move more throughout your day
 - Consume less alcohol
 - Meditate
 - Journal
- Practice gratitude
 - Go outside
- Prioritize romantic relationships
 - Face to face conversations
 - Socialize
 - Be consistent
 - Build good habits
 - Try new things
 - Have a growth mindset



PHYSICAL
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Oviedo

