

SOLUTIONS

Good habits equal better health:

Developing better habits, be they eating more fruits and vegetables or sleeping more, improves your life and reduces your risk of illness and injury. To stay well, live well.

Think positive. Remember all of the ways your new habits will benefit you. For example, by exercising more, you can look forward to more energy, better moods and improved sleep.

Get help. Maybe you're trying to eat better. Your family can support you by removing junk food and sugary drinks from the kitchen. Join an online support group to share experiences, get advice and motivate each other.