Healthy Habits You Can Start Today

Do you feel like your physical or emotional health is falling behind these days? Have you created some big health-related goals you are having trouble reaching? If so, it is time to form some healthy habits. Your habits should always be formed before setting goals, as this is exactly what is going to help achieve those goals.

Here are some healthy habits you can start doing today that will make a big difference in your overall health and wellness.

**Brush and Floss Twice a Day**

You probably brush your teeth every day, but you might not be paying close enough attention to your dental hygiene. Your teeth and gums are vital to your physical health, so they should be your top priority. Try to make a habit of brushing and flossing twice a day. This is a simple, yet beneficial habit, you can start right away.

**Wake Up Early to Exercise**

If you are having trouble fitting in exercise into your busy schedule, try adding it early in the morning. Yes, waking up earlier is going to be an adjustment, but you will appreciate it for the rest of the day. You are getting your workout done and out of the way early in the morning, it will boost your energy, and make you feel happier and more confident.

**Get More Fresh Air**

This is a simple habit, right? Try to make it a point to get more fresh air each day. This might mean walking your dog instead of just letting them out in the backyard, or enjoying your lunch outside each day while you are at work. Play with your kids outside and go for a hike on the weekends. Do whatever it takes to get in more fresh air and sunshine.

**Eat Your Meals Mindfully**

Are you having trouble sticking to a healthier diet? IF so, don’t start with changing WHAT you eat, but HOW you eat. Start just by eating more mindfully. Don’t use your phone and don’t watch any TV while you eat. Sit at a table or desk where there aren’t other distractions, and just focusing on the food you are eating.

**Get Enough Sleep**

This is a habit many people neglect, assuming it’s not important. But sleep is much more than just not feeling tired the next day. Sleep is absolutely essential for your health and wellbeing. It is needed to reduce stress, feel energized, have proper focus and concentration, manage your weight and physical health, keep your cardiovascular health in check, ands o much more. If you can only start one habit, it should be a better sleep routine so you are getting better quality sleep.