



EAT MORE FRUITS AND VEGGIES

They'll make you feel better, give you energy, and they're full of important nutrients. To keep your routine fresh, try pairing them with another food. For instance, dip snap peas in hummus or slather nut butter over celery or banana slices.



SET UP AN OBSTACLE COURSE

Test your mettle against the finest athletes in the world—but first, your friends and neighbors! Plan an obstacle course through your neighborhood. Compete on the course every week with your friends and neighbors. Cheer each other on, and be safe!



RECHARGE YOUR SPIRIT AT THE TEMPLE

One way to relieve stress and feel more peace and mental clarity is to worship at the temple. In the temple, you can feel more connected to God and His love for you. Performing baptisms for the dead blesses not only the lives of those on the other side of the veil but also your own.



GET ENOUGH SLEEP

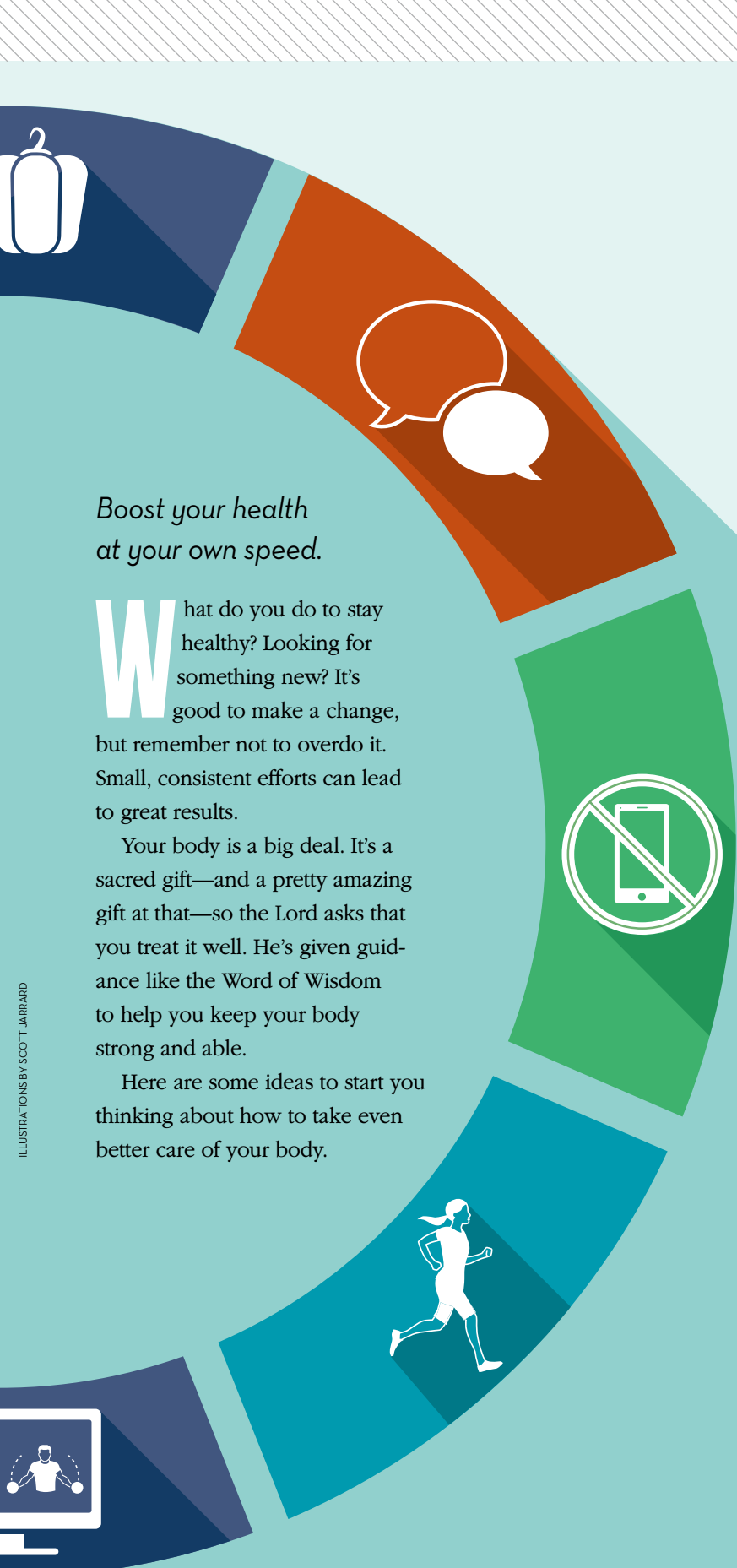
It can seem impossible to get eight or nine hours of sleep every night. Start small. If you're not getting enough sleep, make an effort to go to bed just 20 minutes earlier this week. Next week, add 20 more. Keep it up until you hit your goal.



EXERCISE WITH ONLINE WORKOUT VIDEOS

There are tons of free exercise videos online. From stretching and yoga to strength training and tai chi. Find one that works for you and have fun!





Boost your health at your own speed.

What do you do to stay healthy? Looking for something new? It's good to make a change, but remember not to overdo it. Small, consistent efforts can lead to great results.

Your body is a big deal. It's a sacred gift—and a pretty amazing gift at that—so the Lord asks that you treat it well. He's given guidance like the Word of Wisdom to help you keep your body strong and able.

Here are some ideas to start you thinking about how to take even better care of your body.



CREATE A SOCIAL MEDIA SUPPORT GROUP

Create a social media group with friends for weekly health goals. You could make goals like “avoid soda this week” or “walk 20 minutes every day.” Motivate each other and celebrate your accomplishments together!



BE STILL

Take time away from technology, social media, and other potential distractions. Practice breathing deeply. Take inventory of your life. What is causing you stress and negativity? What can you do about it? Ponder on your relationships—especially your relationship with God—and make small adjustments each day to grow closer to Him. As you listen, you'll be amazed at what you can do.



COMPLETE A 5K

This race comes in all sorts of fun themes: holiday, charity, costume, etc. Training for and running/walking/wheelchairsing this distance can be as challenging or as relaxing as you want. Grab a friend or family member, find a training plan, and sign up for a 5K in your community.

JOIN THE CONVERSATION

THINGS YOU MIGHT DO

- Think about one way to improve your health. Set a goal in that area and make a plan to accomplish that goal.
- Read the suggestions in this article and pick one or two of them to do each day this week.
- Share your goal at home, at church, on social media, or at lds.org/go/active11NE.