



SMALL CHANGES LEAD TO BIG RESULTS

Sometimes the biggest transformations start with the smallest steps. Improving your health doesn't have to mean drastic changes overnight. Simple, consistent actions can have a powerful impact.

Here are a few easy ways to start building healthier habits and achieve lasting results on your well-being journey.



Sources:

1BayHealth.Org/Community-Wellness/Blog/2025/March/Small-Changes-Big-Impact

2MayoClinic.Org/Healthy-Lifestyle/Fitness/In-Depth/Walking/Art-20046261

3CDC.Gov/Sleep/About/Index.html

4Health.Harvard.Edu/Staying-Healthy/Improve-Your-Health-By-Starting-With-One-Simple-Change

→ MAKE A FEW SMALL CHANGES TO YOUR DIET

Nutrition plays a key role in your overall health. By making a few tweaks, you can support your well-being without feeling restricted.¹

- **Start with a balanced breakfast.** Fuel your day with protein, fiber and healthy fats. This combination helps regulate blood sugar and keeps you feeling full longer.
- **Practice mindful eating.** Eating at a relaxed pace helps your brain register fullness, prevents overeating and can turn mealtime into a moment of joy rather than a task.
- **Cook more meals at home.** Preparing your own dishes gives you control over the ingredients and can help you limit sugar, salt and unhealthy fats, which can be found in excess in meals from a restaurant.

→ WALK TOWARD BETTER HEALTH

Going for a brisk stroll daily provides many health benefits, including improved balance, stronger bones and increased energy levels.² To get the most benefit out of your walks:

- **Set a goal.** Make walking a daily habit by working toward a small goal first, such as going for a 10-minute stroll over your lunch break. When your 10-minute goal becomes a habit, aim to increase your walking time.
- **Dress for success.** Wear comfortable, loose-fitting clothing that's appropriate for the weather and time of day. Add layers for cooler weather and wear sunscreen when walking outdoors.
- **Make it enjoyable.** Consider inviting a friend to join you or try listening to music. Vary your route to break up the routine or consider trying a more challenging path with stairs or hills to build endurance.

→ IMPROVE SLEEP HYGIENE

A good night's sleep is essential to protecting your health and well-being. In fact, getting enough sleep lowers your risk for chronic conditions, like heart disease and Type 2 diabetes, improves your attention and memory and can reduce stress.³ To prioritize quality sleep:

- **Go to bed and wake up at the same time every day.**⁴ A regular schedule can improve your circadian rhythms.
- **Create a comfortable environment.** Keep your room cool at night and turn the lights down.
- **Consider what you're eating and drinking before bed.** Alcohol can interrupt sleep, so it's important to limit it after dinner. Avoid eating close to bedtime, as it can cause heartburn.