

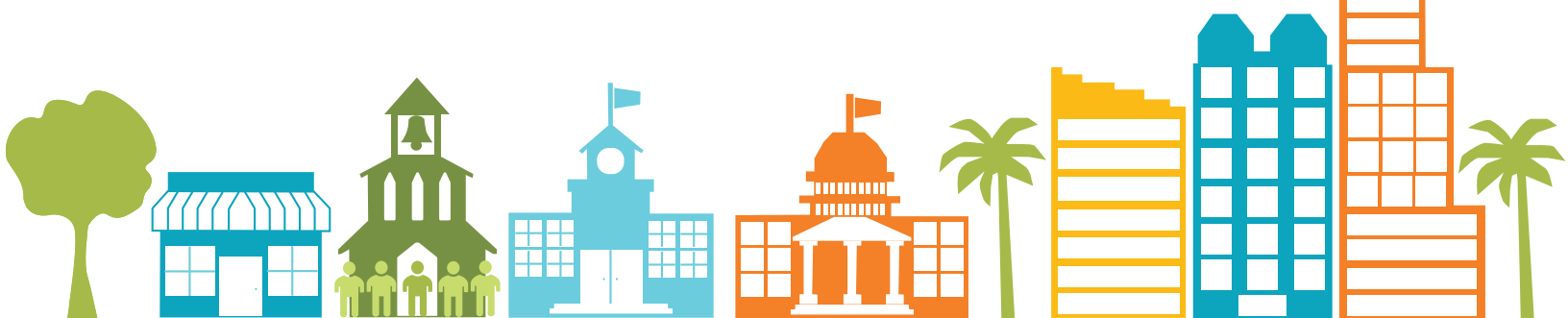


LIVE WELL SAN DIEGO LIVE WELL EVERY DAY

To live well is to make healthy choices every day. To feel safe and secure at work, at school, at home and in your neighborhood. To have the highest possible quality of life. To help you achieve your goals for living well, here are some favorite wellness tips to use as a quick guide to set you on your way towards a healthier, safer and more thriving life. Whether you are looking to make changes in your own life or want to lend your voice to create change for the greater good, do your best to live well every day.

101 WAYS TO LIVE WELL EVERY DAY

- Learn to meditate to help reduce stress
- Become first aid/CPR certified
- Take a retirement planning webinar
- Build a 72-hour Emergency Supply Kit
- Visit a senior center
- Drink water instead of sugary beverages
- Read a book from your neighborhood library
- Contact Courage to Call to connect with Veterans services
- Track and review your financial statements
- Establish an evacuation route
- Get your blood pressure checked
- Go to a CoolZone to avoid heat waves
- Record your thoughts in a daily journal
- Get to know your neighbors
- Learn personal financial management at a County library workshop
- Register for Alert San Diego
- Take stretch breaks throughout the day
- Talk to a military Veteran
- Enjoy art and culture in San Diego County
- Take a job training program
- Drive carefully at night
- Go for a hike in a nearby park
- Help to create a safe route to school
- Make duplicates of important documents
- Earn your high school diploma or GED
- Attend a resume building workshop
- Beautify your yard with drought-tolerant plants
- Eat 5 servings of fruit and vegetables daily
- Mentor a foster child or at-risk youth
- Train to be a volunteer firefighter
- Refinance your mortgage
- Report any potential abuse you see
- Keep immunizations up-to-date
- Donate blood
- Learn a new language
- Try a money free weekend
- Have a picnic in the park



Join the *Live Well San Diego* 31-Day Challenge at LiveWellSD.org/31-day

101 WAYS TO LIVE WELL EVERY DAY

- Exercise for 1 hour daily
- Teach kids healthy habits
- Review schoolwork together with your child
- Establish a budget
- Attend community events
- Organize a group walk at work
- Befriend an older adult
- Inspect your home to identify potential hazards
- Discover the history of San Diego
- Sign up for health insurance
- Open a savings account
- Know the nearest emergency exit
- Schedule your annual physical exam
- Have a device-free dinner
- Keep up-to-date on current events
- Use your bank's ATMs to avoid fees
- Wash only full loads of laundry to save water
- License, microchip and vaccinate your pets
- Read a book to a child
- Listen, research and make informed decisions
- Help new immigrants learn English
- Shop at second-hand stores
- Choose a car wash that recycles water
- Shop at your local farmers market
- Join a community garden
- Organize a neighborhood watch program
- Find a role model or mentor
- Call 2-1-1 San Diego to enroll in CalFresh, Covered CA or Medi-Cal
- Stick to your shopping list
- Replace sprinklers with drip systems
- Visit the dentist regularly
- Reduce food waste
- Take a community college class
- Volunteer at a food pantry
- Attend a career fair
- Shower for 5 minutes or less
- Create a smoke free home
- Support hunger-relief organizations
- Visit a new place with your family
- Build your resume and practice interview skills
- Use rain barrels to store rainwater
- Walk or bike to work once a week
- Provide help to people with disabilities
- Sign up for Intergenerational Games
- Attend a career readiness workshop
- Explore San Diego by bike
- Take a community exercise class
- Register to vote
- Leave no valuables in your vehicle
- Set a daily goal for something you aspire to
- Think twice before purchasing to reduce impulse buying
- Switch to LED light bulbs
- Avoid alcohol and caffeine before bed
- Become an animal services volunteer
- Attend a parent engagement class at your child's school
- Donate used items to a thrift store
- Participate in a 5K run/walk
- Open your heart and home to a foster child
- Prepare for your career with a technical education course
- Carpool or use public transit
- Help an older adult create a fall proof home
- Carry a reusable water bottle
- Unplug electronic devices when not in use
- Visit ChooseMyPlate to explore the 5 food groups

Like A Challenge?

Accept the *Live Well San Diego* 31-Day Challenge at LiveWellSD.org/31-day now! It's a great opportunity to get you on your way towards a healthier, safer and more thriving life by accomplishing simple tasks each day for a month. Sign up today with friends to live well together!