



MAINTAIN
DON'T GAIN

Week 1: Movement and Mindfulness

- **Move Your Body:** Aim for at least 30 minutes of daily activity, like walking, bicycling, play tennis or pickleball, attending a group exercise class, or doing an online workout video.
- **Mindful Minute:** Dedicate at least 6 minutes each day to de-stress through meditation, stretching, or deep breathing exercises.

Week 2: Hydration and Nutrition

- **Hydration Goal:** Set a daily water intake target, like drinking half your weight in ounces, and focus on meeting it consistently.
- **Fruit and Veggie Challenge:** Make an effort to eat at least 6 servings of fruit and vegetables per day.

Week 3: Sleep and Digital Detox

- **Sleep Well:** Prioritize getting 7-8 hours of sleep each night.
- **Digital Break:** Implement a digital detox for a set period each day, such as 4 hours, to focus on non-screen activities. Or try to get less than an hour of television daily.

Week 4: Gratitude and Kindness

- **Gratitude Practice:** Take some time to reflect on things you are grateful every day.
- **Acts of Kindness:** Perform at least 1 act of kindness each day, which can boost your own well-being and that of others.

Week 5: Mindful Eating and Swaps

- **Eat Mindfully:** Pay attention to your hunger and fullness cues while eating.
- **Healthy Swaps:** Make simple, healthy food swaps throughout the week, such as choosing whole grains or staying away from processed foods.

Week 6: Reflection and Sustainability

- **Review Progress:** Look back at your habits from the past 5 weeks and assess what worked best for you.
- **Set New Goals:** Choose one or two new habits to continue into the next phase, focusing on what feels sustainable for your lifestyle.

