

# Skills Beyond Education

## 30 Day Health Challenge

Chew 30 times	Drink a lot of water	Eat six small meals a day	Eat more fruits	Drink herbal tea
Eat mindfully	Avoid salt	Don't eat processed foods	Laugh and smile	Don't deprive yourself
Take a cold shower	Walk to work	Try a new exercise	Eat more vegetables	Find a supplement
Cook at home	Make homemade food	Grocery shop mindfully	Don't eat past 7 pm	Stretch
Buy a herb plant	Use sunscreen	Take the stairs	Sleep for eight hours	Don't eat refined sugar
Focus on your posture	Give up weighing yourself	Avoid saturated fats	Eat lean meat	Eat whole carbs