

## “HEALTHY ‘TIL 100” WELLNESS CHALLENGE

### THE CHALLENGE:

*Adopt at least one new healthy habit and keep it up for 100 days*

Do you look forward to the carefree days of retirement, when you will finally have time to enjoy your favorite activities? Most of us anticipate a long retirement, and hope to reach 100 years of age in good health, but the sad reality is that 80% of older Americans today have at least one chronic condition that affects their ability to lead an active life. Three behaviors—poor diet, lack of exercise and smoking—are the primary causes of the nation’s leading chronic diseases: heart disease, cancer, stroke and diabetes. Changing any of these behaviors greatly reduces your risk of developing a chronic disease. But, beyond the “big three,” it is important to adopt healthy habits in all aspects of your life.

### WELLNESS WHEEL



The “Wellness Wheel,” shown at left, highlights six different components of life, and stresses the importance of paying attention to all six areas to achieve optimal health and wellness. We challenge you to choose an area, choose a habit, and make a change for the better.

If you can adopt a habit for 100 days, it is likely that you can keep it up for a lifetime. But don’t stop with just one change! The more healthy habits you adopt, the better your chances of enjoying retirement free of chronic ailments, and the more likely you are to reach that 100-year milestone.

Listed on this side and the back of this page are 100 ideas, divided into the six areas of the wellness wheel, for improving and maintaining a well-rounded, healthy lifestyle. Why wait? Pick a healthy habit and start today! And give us a call at the Retiree Center on your 100<sup>th</sup> birthday—we’ll plan a party!

### 100 HEALTHY HABITS

#### PHYSICAL

1. Eat five to ten servings of fruits and vegetables every day
2. If you smoke or chew tobacco, quit
3. Replace three larger meals with five smaller ones
4. Eat a healthy breakfast every day—include protein
5. Limit sugary soft drinks, juices and sports drinks—drink water or tea instead.
6. Eat slowly—chew each bite thoroughly, and put your spoon down between bites
7. Eat nuts, legumes, and wild fish at least 3-5 times per week to get your Omega-3 fats.
8. Consume no more than 40 grams of sugar per day
9. Limit white flour, rice and pasta/substitute whole grain varieties
10. Drink at least four 8-ounce glasses of water daily
11. Eat at home so you can control fat and sugar—limit eating out to 1-2 times per week
12. Limit consumption of processed foods—eat foods as close to their natural state as possible

13. Eat a balanced diet of fruits, vegetables, low-fat protein and whole grains
14. Limit consumption of fried foods, high-fat foods and any food that contains hydrogenated oils
15. Take a good quality multi-vitamin every day
16. Take a good quality fish oil capsule every day
17. Brush your teeth at least twice per day, and floss at least once per day
18. Maintain a healthy weight—if overweight, reduce caloric intake and increase exercise
19. Improve your posture—stand and sit up straighter
20. Protect yourself from the harmful effects of the sun
21. Limit alcohol consumption to no more than 1 drink/day (women) and 2 drinks/day (men)
22. Get 30-60 min. of exercise daily—join the ARC & join “Fit For Life” program (for 55+ UC affiliates)
23. Participate in at least 30 minutes of weight-bearing exercise 3-4 times per week
24. Get enough sleep so that you don’t feel tired
25. Wear comfortable shoes to protect your feet

## SOCIAL

1. Turn off the TV and interact with people
  2. Join a book club—learn while you socialize
  3. Start a blog—make friends on the internet
  4. Cultivate friendships outside of your family
  5. Become active in a club or organization
  6. Volunteer on a regular basis
  7. Attend social gatherings regularly
  8. Talk to strangers
  9. Reach out to a lonely person, and keep up contact
  10. Get to know your neighbors
  11. Host parties for family and friends regularly
  12. Establish family rituals (game night, family walks).
  13. Reach out to others when in group situations
  14. Call or write to far-away friends or family
  15. Coach a sport, tutor a child, or mentor a student
  16. Reach out to those you don't know at work/school
  17. Meet people in a UCD Campus Recreation class
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## INTELLECTUAL

1. Keep your brain sharp by learning/practicing a new skill each day
  2. Play memorization games
  3. Play brain games—crosswords, brain teasers, etc.
  4. Play board games such as Scrabble, chess, etc. or card games such as Bridge
  5. Delve into current events
  6. Start a new hobby or take up an old one
  7. Read a classic or challenging book
  8. Engage in a creative endeavor—try a class or buy a pass at the UC Davis Craft Center
  9. Watch or listen to educational programming
  10. Conduct in-depth study of an unfamiliar subject
  11. Do a regular task with your non-dominant hand
  12. Set goals and track your progress on a regular basis
  13. Take a class in an unfamiliar subject
  14. Learn a new language
  15. Visit the library on a regular basis
  16. Attend lectures on topics of interest
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## SPIRITUAL

1. Deepen your existing spiritual or religious commitment or seek out a new tradition
  2. Practice some form of meditation
  3. Learn yoga or Tai chi at the ARC
  4. Read or write something inspirational
  5. Practice forgiveness
  6. Take time to quietly reflect each day, even if it's just a few minutes before bedtime
  7. Practice being non-judgmental—have an open mind
  8. Increase your interactions with nature
  9. Practice being thankful for what you have
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## EMOTIONAL

1. Just relax do nothing for at least thirty minutes every day
  2. Engage in positive self-talk every day
  3. Use writing as a way to release your thoughts
  4. Surround yourself with healthy, positive people
  5. Don't hold grudges—focus on the future and not on the past
  6. Smile and laugh often—see the humor in everyday life, and you will be happier
  7. Listen to music to reduce stress and relax
  8. Get a hug/kiss from someone you love every day
  9. Breathe deeply with long exhalations to increase your relaxation response
  10. Express emotions in ways that don't hurt others
  11. If you like animals, get a pet—they give unconditional love
  12. Say "I love you" to someone special every day
  13. Ask for help if you are struggling emotionally
  14. Pamper yourself regularly—take a bath, get a massage at the ARC, go to the spa, take a vacation
  15. Let go of worry...don't sweat the small stuff
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## ENVIRONMENTAL

1. Create a place for family pictures and heirlooms that shows how you're all connected
  2. Turn off the television, computer, and/or radio and enjoy the quiet for at least one hour each day
  3. Downsize to a small home to increase family togetherness
  4. Stop procrastinating—waiting until the last minute raises stress levels
  5. Find a balance between work time and free time
  6. Make to-do lists and prioritize your tasks
  7. Find ways to make your job challenging and meaningful, or plan to find another job
  8. De-clutter and organize your home or workplace
  9. Go outside for at least 20 minutes every day
  10. Use natural cleaning products
  11. Grow house plants to increase oxygen levels and filter the air
  12. Plant a garden and tend it regularly
  13. Prevent mold and mildew by ventilating areas where moisture builds up
  14. Sleep in complete darkness to keep your biorhythms regulated
  15. Always wear a seatbelt when driving in a vehicle
  16. Always wear a helmet when riding a bicycle
  17. Don't bring work home with you
  18. Don't hit the snooze alarm—get up at first ring—those extra minutes just make you groggier
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