

11 Simple Ways To Thrive

Looking for ways to live your healthiest, happiest, and most fulfilling life? Taking care of your body, mind, and spirit will help get you there. Here are some ideas to get you started.

1. Act like a kid.

Hula hoops, frisbees, and jump ropes are fun and great for fitness.

2. Try something new.

Experiment with new recipes—we've got lots of [healthy and delicious choices here](#). Explore places you've never been before. Read a book that expands your horizons. Attend an event that gets you a bit out of your comfort zone a bit.

3. Tell a joke.

Laughter relieves stress, improves your mood, and may even boost the immune system.

4. Find an exercise buddy.

You're less likely to hit the snooze button if you know someone's waiting for you. And chatting helps the time fly by.

5. Switch to water.

Soda pop and sports drinks are often packed with sugar.

6. Learn a foreign language.

It challenges the brain and might come in handy the next time you travel.

7. Take short walks often.

Even three 10-minute walks a day give your health a boost.

8. Do something you love.

Find time for activities that help you feel creative, happy, and inspired.

9. Keep up with your health care.

Get the immunizations and health screenings your health care provider recommends. It's an easy way to stay as healthy as possible and find health problems before symptoms appear.

10. Quiet your inner critic.

If thoughts like "I can't do that" or "I'm terrible at that" are holding you back in life, try to redirect your mind. Focus on thoughts that empower you and build your confidence.

11. Count your blessings.

Focusing on the positive reduces stress and increases overall happiness.

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