



Drink 1 glass of lemon water before breakfast.



Take cold shower after washing yourself/Finish your morning shower with cold water.



Make time for at least three 20-minute workouts a week.



Walk up at least 100 stairs every day



Make half your plate fruits and vegetables each meal.



Eat at least 3 servings of whole grains a day.



Drink enough. Drink at least 2l of liquid a day.



Eat regularly. 5 meals a day is optimal.



Drink enough. Drink at least 2l of liquid a day.



Clean (and moisturize) your skin twice a day – in the morning and in the evening.



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Do crossword-puzzles or Sudoku („mental aerobic“) everyday.



Think positive.



Protect your skin from harmful UV rays with an SPF appropriate to your skin type and climate.



Make time for yourself. Schedule a 20-minute “me-time” a day



Take 10 000 steps during your everyday routine.