

We know that making healthy choices can help us feel better and live longer. Maybe you've already tried to eat better, get more exercise or sleep, quit smoking, or reduce stress. It's not easy. But research shows how you can boost your ability to

Identify unhealthy patterns and triggers. Set realistic goals.

Find ways to make healthier choices easy choices. Remove temptations. Work for changes in your community, like safe places to walk.

Find friends, family, co-workers, neighbors, or groups for support.

Try exercise, a favorite hobby, or spending time with family and friends.

Record how things are going to help you stay focused and catch slip-ups.

Think about future benefits to stay on track.

Give yourself a healthy reward when you've achieved a small goal or milestone, like a massage.

Improvement takes time, and setbacks happen. Focus on progress, not perfection.