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Choosing "feel-good" foods

Making the right food choices is key to feeling good every day. Here's how to choose foods that can help you feel energized, happy, and strong.

- **Eat brightly colored fruits and vegetables.** Fill half your plate with them at each meal to nourish your body with nutrients.
- **Choose whole grains.** Eating whole-grain bread or brown rice instead of refined grains (like white bread or white rice) can help keep your blood sugar levels stable.
- **Pick lean proteins.** Eating chicken, turkey, tofu, and beans can help you feel energized and feel full longer.
- **Enjoy the right fats.** Avocados, nuts, seeds, and fish like salmon are great sources of healthy fats that can support brain function and reduce inflammation.
- **Don't forget to hydrate!** Getting enough water is essential for good health and feeling good. Drink water throughout the day to stay refreshed.

Take your workout outside

Exercising outdoors can improve your mood and boost your energy. Try doing yoga or bodyweight exercises outside, going hiking or biking, or joining an outdoor fitness class or group.

Improve your physical health by managing your stress

It's important to take time to do things that calm your body and mind so that you can reduce stress and protect your health. Try writing in a worry journal, having a relaxing wind-down routine before bed, and taking breaks to stretch, do deep breathing, or go for brisk walks.

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