

Bucket List Ideas for

HEALTH AND FITNESS

- Learn to exercise with a rebounder. It is THE most fun exercise.
- Add one more daily vegetable to your diet.
- Remove one bad-for-you item from your diet (soda, chips, sweets, etc.)
- Train for a marathon or half marathon.
- Begin the day with one full glass of water.
- Start strength training with free weights.
- Get a bicycle and bike a few miles every day.
- Lose one pound a week until you reach your goal weight.
- Set up your own home gym so you have no excuses.
- Give up sweets for a month.
- Become a vegetarian.
- Go to your doctors for preventative check-ups.
- Get at least 8 hours of sleep a night.
- Sit less. Stand and walk more.