

Important Habits to Support Your Health

Developing and maintaining these habits can help improve your overall health. You don't have to follow them perfectly every day—small, consistent steps can still make a big impact. Each person has different abilities and access to resources. If you run into challenges working on your health habits, your family doctor is there to help.

Your family doctor can explain which health indicators are most important for you, what they mean, how to track them and your goals.

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