Healthy Ways
to Spend a Half Hour

Try these quick tips to help boost your well-being in 30 minutes or less.

Self-care is more than just eating well and exercising. There are many ways to take care of yourself that don't even take much time. Here are some ways you can help boost your health in just 30 minutes (or less!). Start by committing to do one a week, and see how possible it is to take care of you.

Volunteer in a community garden.

This offers a trifecta of health benefits: gardening is great exercise, volunteering is good for you and research shows that getting dirt on your hands can help your mood and mental health.

Walk with a friend.

You already know that walking can help you lose weight and improve your mood, but finding the motivation to get moving can be hard. The secret: adding a buddy to the mix. The benefit is twofold: a companion takes your mind off the physical exertion and also encourages you to keep going.

Clear some clutter.

Too much stuff in your line of sight can make it harder to focus. Don't attempt a whole-house overhaul, but instead tackle your workstation or wherever it is you do most of your tasks, like paying bills or helping with homework. Use folders to organize your desk and drawers so you can clearly focus on one thing at a time.

Dig into a good novel.

Instead of turning on the TV, pick up a book and hone your emotional intelligence. One study found that people who regularly read literary fiction were more attuned to others' emotions—a skill that improves personal and professional relationships.

Plan your snacks for the week.

You might already plan your weekly meals, but remember to map out your snacks, too. Planning might be more important than willpower when it comes to eating healthfully. If you know that the only snacks readily available at work are chips and soda, prep sliced fruit or veggies with a low-fat dip to take with you. Having healthy munchies at the ready also makes it easy to say "no thanks" when the tray of leftover cookies is passed around.

Eat lunch slowly.

Stop scarfing down your food and take a full 30 minutes to enjoy your meal. When you eat too quickly, you might not realize how much you're consuming, and it might take more food to feel satisfied. Ways to slow down: take small bites, chew thoroughly and put down your fork between bites.

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