Changing your exercise and eating habits keeps things interesting and helps you stay motivated. Try any of these 10 ideas to add variety to your well-being routine!

1. Visit a local park.
2. Go for a walk at a nearby school, college track or shopping mall.
4. Attend a new workout class.
5. Work out at home with exercise videos.
6. Cook a new healthy recipe.
7. Choose seasonal fruits and vegetables.
8. Mow grass with a push mower.
9. Walk the golf course.
10. Track your steps.