



## 12 HEALTHY HABITS FOR A HEALTHIER 2026

Based on the Department of Health (DOH) Philippines campaign, here are 12 healthy habits that individuals can adopt in 2026—one per month to make it easier to follow and turn into lifelong practices. Actionable steps are included for each habit to help anyone get started.

### JANUARY: EXERCISE



- Aim for 30 minutes to 1 hour of exercise daily, such as walking, jogging, or any physical activity.
- Recommended by DOH for a stronger body.
- Start with a daily 30-minute walk in your neighborhood or park.
- Track your progress using a free app like Google Fit or a simple journal.
- Gradually increase intensity, like adding light weights or joining a local fitness class

### JULY: HANDWASHING



- Wash hands with soap for 20 seconds—highly effective against infections and illnesses.
- Sing “Happy Birthday” twice while washing to time the 20 seconds.
- Keep soap and hand sanitizer handy at home, work, and in your bag.
- Wash before eating, after using the bathroom, and after touching public surfaces.

### FEBRUARY: HEALTHY PLATE (PINGGANG PINOY)



- Follow the Pinggang Pinoy guide—eat balanced meals with go, grow, and glow foods every day for proper nutrition.
- Divide your plate: half vegetables and fruits (glow), a quarter protein (grow), and a quarter carbs (go).
- Plan weekly meals by shopping for local, seasonal produce to keep it affordable.
- Experiment with one new healthy recipe per week, like a vegetable stir-fry.

### AUGUST: AVOID EXCESSIVE ALCOHOL



- Limit or avoid excessive alcohol intake, as it has harmful effects on the body and mind.
- Set a limit: no more than one drink per day for women, two for men, or go alcohol-free.
- Replace drinks with alternatives like herbal tea or mocktails.
- Track your intake with an app and seek support from friends or groups if needed.

### MARCH: GET VACCINATED



- Get vaccinated against pneumonia, flu, measles, tetanus, cervical cancer, and more. Essential to prevent diseases.
- Check your vaccination records and schedule any missing shots at a local health center.
- Set a reminder in your calendar for annual boosters, like the flu vaccine.
- Educate family members and encourage group appointments for support.

### SEPTEMBER: SAFE INTIMACY



- Promote education and responsible practices for safe sex to prevent STIs and unplanned pregnancies.
- Use protection like condoms every time and get tested regularly for STIs.
- Have open conversations with partners about boundaries and health status.
- Access free resources from DOH clinics for education and supplies.

### APRIL: ANNUAL CHECK-UP



- Schedule an annual health check-up to detect potential issues early, even if you feel fine.
- Book an appointment with your doctor or a free clinic for basic tests like blood pressure and cholesterol.
- Prepare a list of any symptoms or family health history to discuss.
- Follow up on results by setting goals based on your doctor's advice.

### OCTOBER: SLEEP WELL



- Get a full 8 hours of sleep every night for better health and energy.
- Establish a bedtime routine: dim lights, avoid screens an hour before bed.
- Create a sleep-friendly environment—cool, dark, and quiet room.
- Stick to a consistent schedule, even on weekends, and nap only if needed (under 30 minutes).

### MAY: MEDITATE



- Practice 15-20 minutes of meditation daily to help reduce stress and maintain a calm mind.
- Download a free app like Headspace or Calm for guided sessions.
- Find a quiet spot and start with deep breathing exercises for 5 minutes, building up gradually.
- Incorporate it into your routine, like meditating right after waking up or before bed.

### NOVEMBER: NO TOBACCO, NO VAPE



- Quit smoking and vaping—a major boost for lung and heart health.
- Set a quit date and remove all tobacco products from your home.
- Use nicotine replacements like patches or gum, available at pharmacies.
- Join a support group or app-based program for motivation and tips.

### JUNE: WEAR A HELMET



- Always wear a helmet when riding a motorcycle to prevent serious head injuries in accidents.
- Invest in a certified helmet that fits properly and replace it every 3-5 years.
- Make it a habit: no ride without a helmet, and remind passengers too.
- Learn basic road safety rules through online resources or local workshops.

### DECEMBER: DISCIPLINE



- Practice discipline in body, mind, and daily decisions for long-term well-being.
- Set small, daily goals like meal prepping or journaling progress.
- Build habits with accountability, such as sharing goals with a friend.
- Reflect weekly on what's working and adjust for sustained improvement.

**LET'S KICK OFF 2026 ON A HEALTHY NOTE! NEW YEAR, NEW HEALTHIER YOU!**

Reference: [www.doh.gov.ph](http://www.doh.gov.ph)

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