Being healthy is about more than just eating nutritious food. These tips will help you find balance, health, and happiness with "primary food".

- Be generous.

- Be grateful for everything and everyone.

- Focus on what's good in your life.

- Hum or sing a happy song every day.

- Laugh often.

- Treat yourself to things that you enjoy daily.

- Keep your bedroom clean and organized.

- Spend time outside.

- Spend less time watching TV.

- Chew your food well.

- Say thank you.

- Be positive.

Which of these tips will you try this week?