

Tips and Resources: Variety

Tips

1. Variety is the state of being different or diverse; it is the opposite of sameness. Introducing variety into any healthy behavior change process helps keep people interested and engaged!
2. Variety opens up new possibilities and may open new doors to experiences and people you might not otherwise have come into contact with.
3. Variety in daily routines does take some planning. It can help to make some time for reflection and preparation before starting something new.
4. Variety can be used as a tool to improve your brain health! Trying new exercises, foods, activities and experiences may increase your cognitive abilities.

Types of Variety in Healthy Behavior Change

1) Variety & Exercise:

- Aerobic/cardio
- Resistance/strength training
- Balance
- Stretching/flexibility

2) Variety & Nutrition:

- Try something new!
- Try a new herb, spice, grain or vegetable
- Eat more whole food, plant-based meals
 - <https://minimalistbaker.com/>
 - <https://pinchofyum.com/>
 - <https://www.hsph.harvard.edu/nutritionsource/what-should-you-eat/vegetables-and-fruits/>

3) Variety and Positive Attitude:

- Growth mindset
- Positivity
- Gratitude
- Celebrate/savoring
- Learning new skills to manage stress
 - <https://bensohenryinstitute.org/smart-program/>

Resources

Online Article: [Trying New Things | Psychology Today](#)

TED Talk: [Try something new for 30 days - Matt Cutts - Bing video](#)

Online Article: [Variety and consistency are essential to keep the mind healthy - Neuroscience News](#)

Online Article: [Change Is Good for the Brain: Activity Diversity and Cognitive Functioning Across Adulthood - PubMed \(nih.gov\)](#)

Online Article: [Meal planning is associated with food variety, diet quality and body weight status in a large sample of French adults \(nih.gov\)](#)

MGH Oncology Lifestyle Medicine Exercise Videos: <https://www.massgeneral.org/cancer-center/patient-and-family-resources/supportive-care/lifestyle-medicine/exercise-videos-for-cancer-patients>

MGH Integrative Therapies: [Integrative Therapies \(massgeneral.org\)](#)