Simple exercises and easy lifestyle changes for 2026

Are you ready to make healthier choices this year?

Manila Bulletin · 7 Jan 2026 · B-7 · POCH EULALIA

How many years have you told yourself you'll start being healthier the coming year, only to give up one month in?



Setting up health goals is a common New Year's Eve resolution for many, but the difficult part is following through. Let's be honest, with how hectic schedules can be these days, there's barely enough time to relax. Spending extra time to exercise can feel like a burden if you don't have much time for yourself. As tiresome as it is, however, our bodies need to stay active to function properly. Here are some simple exercises and lowcommitment lifestyle changes you can adapt this year to make sure you stay healthy without burning yourself out.

Walk the extra mile

One of the simplest forms of exercise is going out for a walk. Find some time throughout the day when you can go outside, touch grass, and rake everything in with a short walk around the neighborhood. Find a park near you for a more scenic route. If you find yourself pressed for time, you can simply walk in place while binge-watching a show or doomscrolling through your socials. Spending extra time to exercise can feel like a burden if you don't have much time for yourself.

Stretch it out

Yoga is a low-intensity workout ideal for those who don't feel like exerting too much effort. Plus, the health benefits are too good to pass up. Practicing yoga daily can lead to improved flexibility, strength, and body posture. With the amount of stretching you'll be doing, it improves the circulation of blood and prevents fatigue in your muscles when doing high-intensity activities. The slow pace and easy-going nature of yoga make it meditative. Use this time to breathe in, breathe out, and let loose all the stress you've been bottling up.

Stay hydrated

Drink water, your body will thank

you. While there's no universally prescribed amount of water intake, health guides often recommend at least six to eight glasses of water per day. This amount may vary depending on how your daily activities play out. If your day-to-day routine has you doing strenuous activities, then you'll need more water to keep up with your body's needs. For those who find it difficult to keep track of their water intake, there are online apps that can send you alerts on your smartwatch or phone to

remind you when to drink up. Avoid sugary and caffeinated drinks, as refreshing as they are. These types of drinks can lead to an increased heart rate and high blood pressure in the long run.

Simple changes to your diet

You don’t have to give up everything and try the latest diet trend to be healthy. At the end of the day, it’s all about balancing your meals. If you’re not a fan of eating vegetables, it just means you haven’t found the right leafy green for you. Don’t be afraid to experiment with your meals and find what’s right for your taste buds. If you’re craving familiar flavors but want to avoid fatty food, vegan options have become a popular alternative in recent years. Though the taste might not be exactly the same, it’s close enough to make you feel like you’re enjoying actual meat.