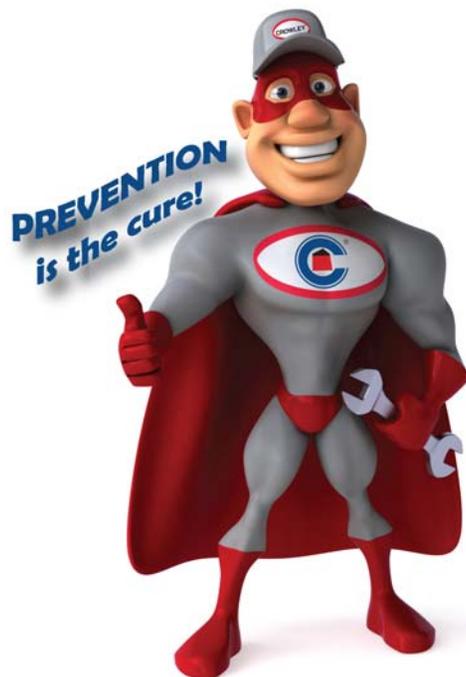


Be an active participant in
managing your health!

Start leading a healthier
lifestyle!

**Make safe and healthy
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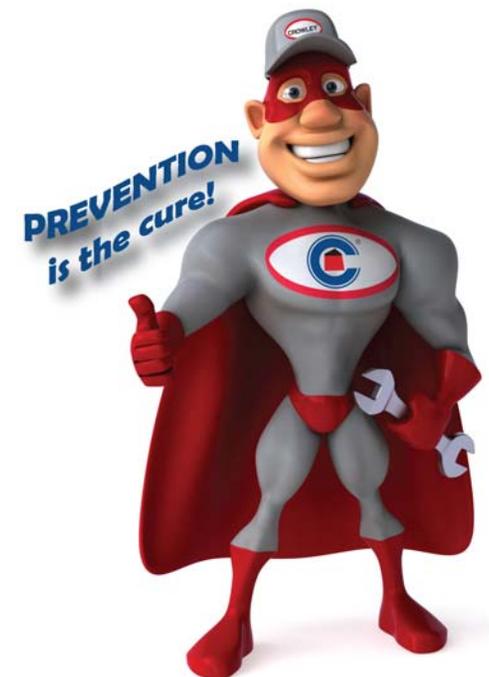
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Eight Tips for Healthy Habits

Stretch! Morning is best. It helps focus the mind and provides an adrenaline boost.

Take 10,000 steps. Walking elevates your mood, impacts your heart and can even help reduce food cravings.

Brush and Floss.

Drink more water. It quenches thirst, helps you feel full and keeps your body operating at full capacity.

Kick the sugar habit. Grab an apple, carrots or nuts to satisfy snack cravings.

Make television work for you. If you're going to flip on the TV, you should exercise while you watch.

Take a nap.

Do Good! "One of the best ways to fight stress in your life is to do something good for someone else—an act of love or generosity."

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