

Be an active participant in  
managing your health!

Start leading a healthier  
lifestyle!

**Make safe and healthy  
choices for wellness  
and longevity!**



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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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