

Tips for a healthy lifestyle



Balanced diet

HELPS IN WEIGHT CONTROL
KEEPS YOU ENERGIZED
SUPPORTS HEART HEALTH



Drink enough water

SUCH FOR MANY BODY FUNCTIONS SUCH AS LUBRICATING THE JOINS



Physical activity

SUCH FOR MANY BODY FUNCTIONS SUCH AS LUBRICATING THE JOINS



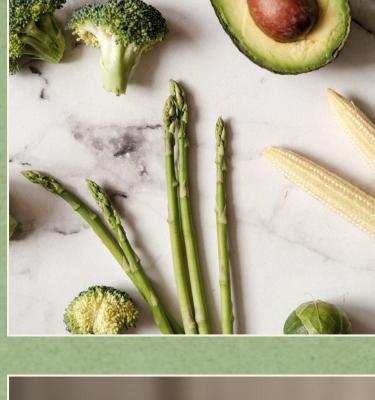
Sleep well

GET SICK LESS OFTEN
STAY AT A HEALTHY WEIGHT



Limit sugar intake

REDUCING YOUR SUGAR INTAKE MAY SUPPORT A HEALTHY WEIGHT YOUR DEPRESSION



Maintain a healthy weight

CAN HELP LOWER YOUR RISK FOR SERIOUS HEALTH CONDITIONS SUCH AS DIABETES, HIGH BLOOD PRESSURE



Learn and continuously grow

EXPAND EMPLOYEES SKILL SETS, INCREASE SKILL AND KNOWLEDGE, NEW IDEAS, PERFORMANCE