

BEING HEALTHY IS AS SIMPLE AS ABC

A LWAYS ACTIVE

Get Enough Physical Activity



B EVERAGE BETTER

Over Half The Added Sugar In The American Diet Comes From Beverages



C HOOSER CALORIE-WISE

Choose Nutrient Dense Foods And Get Your Nutrients In Calories Allotted



A **HEALTHY LIFESTYLE CAN CONTRIBUTE TO IMPROVING YOUR HEALTH AND WELLBEING**

ONE STOP SOLUTION FOR HEALTH AUTOMATION