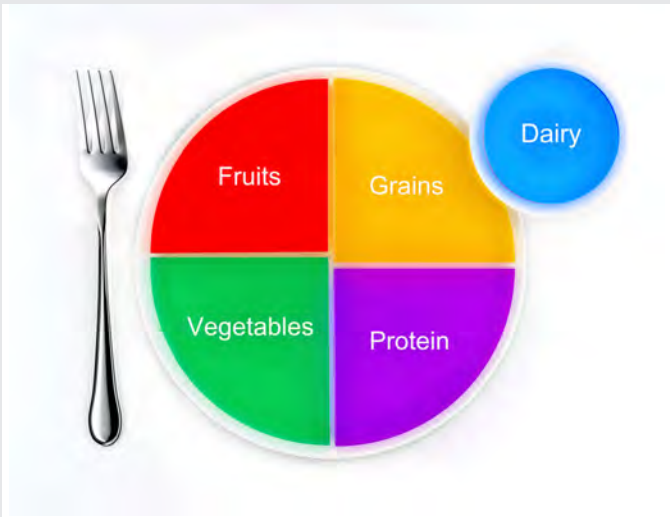


EAT.



EATING HEALTHY...

- reduces the risk of heart disease, strokes, obesity, diabetes, and osteoporosis
- increases energy and prevents fatigue
- enhances skin health

SIMPLE WAYS TO EAT BETTER...

- make small changes to your diet, then slowly increase the changes until you are routinely eating healthy food
- ask a friend to make changes with you (everyone needs extra motivation and accountability)

MOVE.



MOVING...

- increases concentration and reduces stress
- strengthens your bones and muscles
- reduces your risk of some cancers
- helps you sleep better

SIMPLE WAYS TO GET ACTIVE...

- take the stairs at work
- park in the furthest spot of the parking lot
- walk your kids to school