PlayWELL LiveWELL EatWELL

Five Tips to Live Your Healthiest Life

Regular exercise can help increase self-esteem and confidence, decrease stress and anxiety, enhance mood, and improve general mental health.

- Clock 30 minutes of moderate exercise each day.
- Consume at least FIVE servings of fruit and vegetables each day.
- Drink more water - at least half your body weight in ounces per day.
- Reduce screen time.
- Be tobacco free.

Limiting screen time improves sleep, productivity, and helps build relationships.

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Wellness AtoZ