Small steps lead to BIG results

Just 10 minutes of walking at a brisk pace can boost your mood for two hours!

Eating a healthy breakfast can protect your heart, lower your risk of Type II diabetes, and boost your productivity!

- **Eat breakfast**
- **Snack on fruits, veggies, and nuts**
- **Walk during your lunch break**
- **Be mindful about your portion sizes**
- **Take breaks from your electronics–enjoy the view**

Wellness AtoZ