



Healthy Tips

Exercise- 30 minutes a day 3-5 times a week



Eat Right- don't forget your fruits and veggies

Reduce Stress-take time to relax, read a book or go to the spa

Avoid Tobacco -like the plague

Wash Your Hands-reduces the incidence of colds and the flu

Wear Sunscreen –your skin will thank you latter

Say No to Drugs and Alcohol-they take years off your life

Avoid Risky Sexual Activity-STDs are not healthy

Wear Your Seatbelt

