

The Power of Lifestyle Choices for Better Health and Wellbeing

Fast Facts

1. Stay ahead of chronic diseases by taking charge of your health today!
2. Living an active lifestyle can prevent chronic diabetes, obesity, and heart disease.
3. Sleep and nutrition are two key factors for mental wellness.

Which actions can you see yourself taking this week?

Tips for Success



Get a Health Screening to know your numbers



Set a weekly step goal and track it



Set a bed routine and aim for 7-9 hours of sleep



Keep a food diary for 3-5 days



Develop positive coping skills to stay balanced