WELL, WELL, WELL.

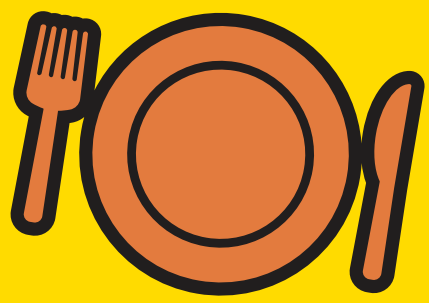
3 KEYS to GOOD HEALTH

1 DIET

Eat Right

Try these healthy eating tips to lose weight and feel better:

- Make half your plate fruits and veggies
- Make half the grains you eat whole grains
- Drink water instead of soda
- If possible, eat seafood at least once a week
- Reduce your portion size



2 EXERCISE

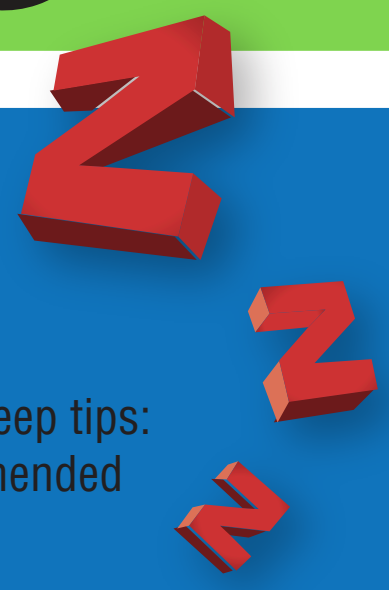
Keep Moving

Stay active and you'll feel better.
Start simple:

- Take a brisk walk at lunch
- Go for a bike ride after work
- Work in the yard
- Clean the house

3 SLEEP

Get Sleep



Start your day rested and ready to go with these sleep tips:

- Have a set bedtime, 7-9 hours of sleep is recommended
- Do the same "sleep rituals" every night
- Keep your bedroom dark, cool and quiet
- Remove TVs, computers and work material from the sleep area

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