WELL, WELL, WELL.
3 KEYS to GOOD HEALTH

1. **Eat Right**
   - 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. **Keep Moving**
   - Take a brisk walk at lunch
   - Go for a bike ride after work
   - Work in the yard
   - Clean the house

3. **Get Sleep**
   - 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