



Simple Steps to Good Health

Stay Hydrated *Get Enough Sleep* **BE POSITIVE**

PLAN ahead *stay active* Take Time for You

Read Eat Fruit Take a Nap **SMILE**

Learn Something New Today Use Free Weights

Practice Random Acts of Kindness

Have Fun Eat Veggies **WASH YOUR HANDS**

Take a Multi-Vitamin *Wear Sunscreen*

ANNUAL HEALTH SCREENINGS

LAUGH OFTEN *Relax* **Just Do It**

