

5 Actionable Steps for *Better Health*



FUEL YOUR BODY RIGHT

- Eat more fruits, vegetables, and healthy fats, and cut back on sugary drinks, processed snacks, and white bread. Try to eat most of your calories earlier in the day.

FIND YOUR CALM

- Take 5-10 minutes daily for stress relief with simple practices like deep breathing, meditation, yoga, or humming to calm your mind and body

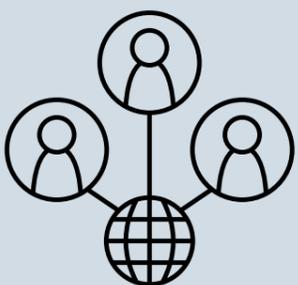


SLEEP LIKE A PRO

- Get morning sunlight, stick to a regular sleep schedule, and keep your bedroom cool, dark, and quiet for better sleep

KEEP MOVING

- Stay active every day, take breaks to stand, stretch, or walk each hour, and stay motivated with friends or a fitness app



STAY CONNECTED

- Stay connected by spending time with friends, joining a group or class, or scheduling regular social activities