

LIVE HEALTHY

FOOD IS FUEL. Be sure to eat nutrient-rich foods and limit junk foods.

HYDRATE. Drinking water is the best way to stay hydrated. Aim for 64 oz. per day or more.

SLEEP. 8 hours each night is recommended.

EXERCISE. Staying active helps you stay healthy. Experts recommend at least 30 minutes of physical activity per day.

RELIEVE STRESS. Enjoy hobbies, time with friends and family, spirituality, and more.

TAKE CARE OF YOURSELF. Seek care for your mental and physical health when needed.

AVOID BAD HABITS. Stay away from drugs and alcohol, don't smoke, and avoid other negative habits.