
OWN YOUR HEALTHY

1

Physical Activity

Find an activity you like and do it daily.

2

Portion Sizes

Increase healthy portions and decrease unhealthy ones.

3

Health Screenings

Verify that your immunizations and health screenings are up-to-date.

4

Get Adequate Sleep

Make getting seven to eight hours of sleep per night a priority.

5

Try Something New

Do something new each month—challenge your mind and body.

6

Strength and Flexibility

Add strength training and flexibility to your workout twice a week.

7

Laugh

Laughing every day improves overall health and well-being.

8

Family and Friends

Invest your time in those people who matter most to you.

9

Hydrate

As a rule, men should drink 13 cups of water daily and women nine cups.

10

Quiet Your Mind

Alone and in a quiet place, take 10 deep breaths every day.

