## 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.