

10 ESSENTIALS FOR *Health & Wellness*



BREATHE *Deeply*

A healthy immune system is dependent upon deep breathing.

DRINK *Water*

Feeling tired? Drink up to help your mind and body stay in balance, clear away waste and use food efficiently.



SLEEP *Peacefully*

Too little sleep can set us up for premature aging, depression and other serious issues. Try for 7½-9 hours of sleep each night.

EAT *Nutritiously*

Food is the primary source of nutrients that literally fuel life. Focus on vegetables and fruits, go easy on fat, salt and sugar.



ENJOY *Activity*

Exercise benefits both mind and body. It can improve your mood and outlook on life, give you more energy and promote flexibility and strength.

GIVE AND *Receive Love*

The nurturing you receive from loved ones helps you and your immune system stay healthy.



BE *Forgiving*

Holding on to past resentments doesn't just cloud your emotional health: your physical self can suffer stomach problems, muscle aches and more.

PRACTICE *Gratitude*

Focus on the positive to boost your emotional health, and reduce stress and the damage it causes.



DEVELOP *Acceptance*

When you know there are things in life that you can't change, you free yourself to handle the things you can change.

DEVELOP A *Relationship with God*

People who nurture their spiritual selves every day have lower blood pressure, fewer strokes and less emotional turmoil.

