

# NUTRITION & WELLNESS TIPS

We should drink  
**HALF** our body weight  
in water each day.

Example: if you  
weigh 120 lbs,  
aim to drink 60 oz  
of water each day.

Make it a point to  
try a new vegetable  
this week!

Or pick a new  
recipe from the  
Healthy Living  
Cookbook to try.

The American Heart  
Association  
recommends  
30 minutes of  
aerobic exercise  
5 days a week to keep  
your heart strong.

Energy lagging?  
Exercise! Even a  
brisk walk can be more  
effective at fighting  
fatigue (and stress  
and depression)  
than a nap or coffee.

Eat a banana!

Diets rich in potassium  
make us less prone to  
high blood pressure.

Take the time  
to relax and  
stay positive!