

5 Steps to a Healthier Lifestyle

Simple changes for big results

1. Stay Hydrated

Drink at least 8 glasses of water daily.

2. Eat Balanced Meals

Incorporate fruits, vegetables, and lean proteins.

3. Exercise Regularly

Aim for 30 minutes of activity 5 days a week.

4. Get Quality Sleep

Ensure 7-8 hours of restful sleep each night.

5. Manage Stress

Practice mindfulness or relaxation techniques.

Why It Matters

80%

Feel more energetic.

60%

Improve mental clarity.

50%

Reduce health risks.