

5 Simple Steps TO MAINTAIN YOUR HEALTH

3

GET ENOUGH SLEEP

Prioritize good sleep for better physical, mental, and emotional health.

4

MANAGE STRESS

Managing stress is key to staying healthy in both mind and body.

5

GET REGULAR CHECKUPS

Regular screenings and check-ups help catch health issues early for better management.

1

EXERCISE REGULARLY

Stay active with at least 150 minutes of moderate exercise each week.

2

EAT A BALANCED DIET

Focus on a diet rich in vegetables and nutrient-dense foods.



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