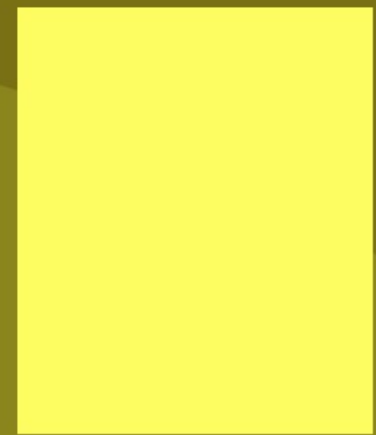




Wellness Guide Small
habits, lasting results

How to Live a Healthy Life

Why



Health matters

More energy

Good daily habits fuel the stamina you need for work, family, and play, keeping you active from dawn to dusk.

Lower risk

Healthy choices greatly cut the risk of chronic disease like diabetes and heart trouble over the long run.

Better mood

Movement, sleep, and good food lift your mood and sharpen focus, helping you feel calm and clear-headed.

Fuller years

Caring for your body today adds not only more years to life, but more life and vitality to those years.



Eating well starts on your plate. Fill half of it with fruits and vegetables for fiber and color. Choose whole grains over refined ones to stay fuller longer and steady your energy levels. Include lean protein such as fish, beans, or poultry, and limit sugar, salt, and heavily processed foods.



Glasses
daily

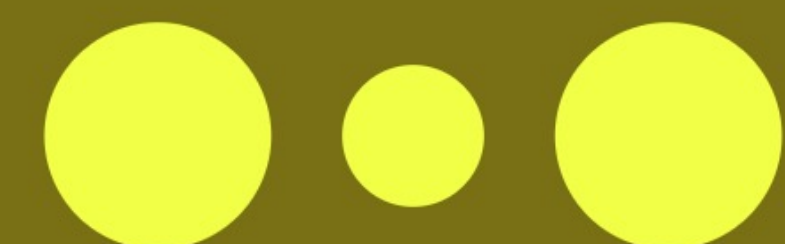
8

Body
water

60%

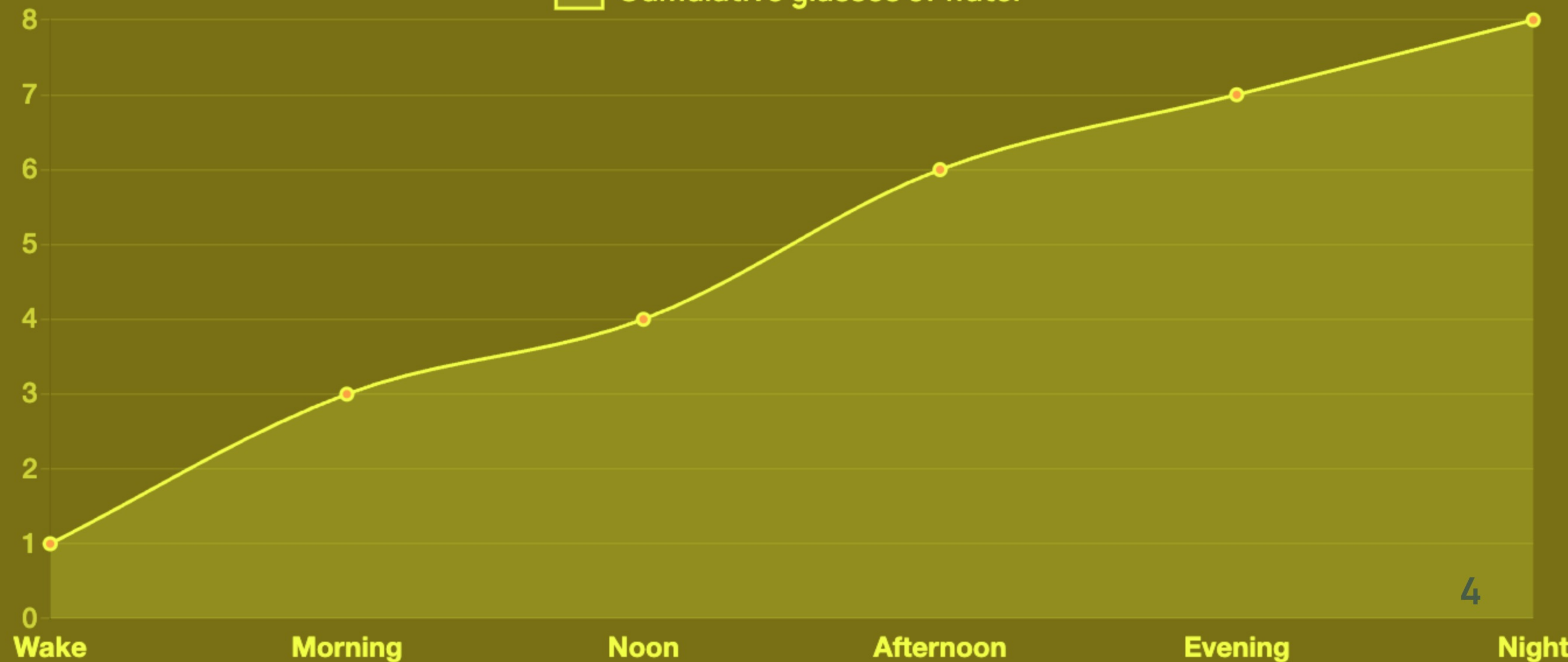
Sugary
drinks

0

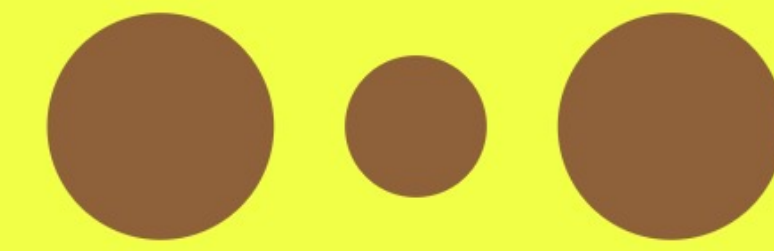


Hydration Through the Day

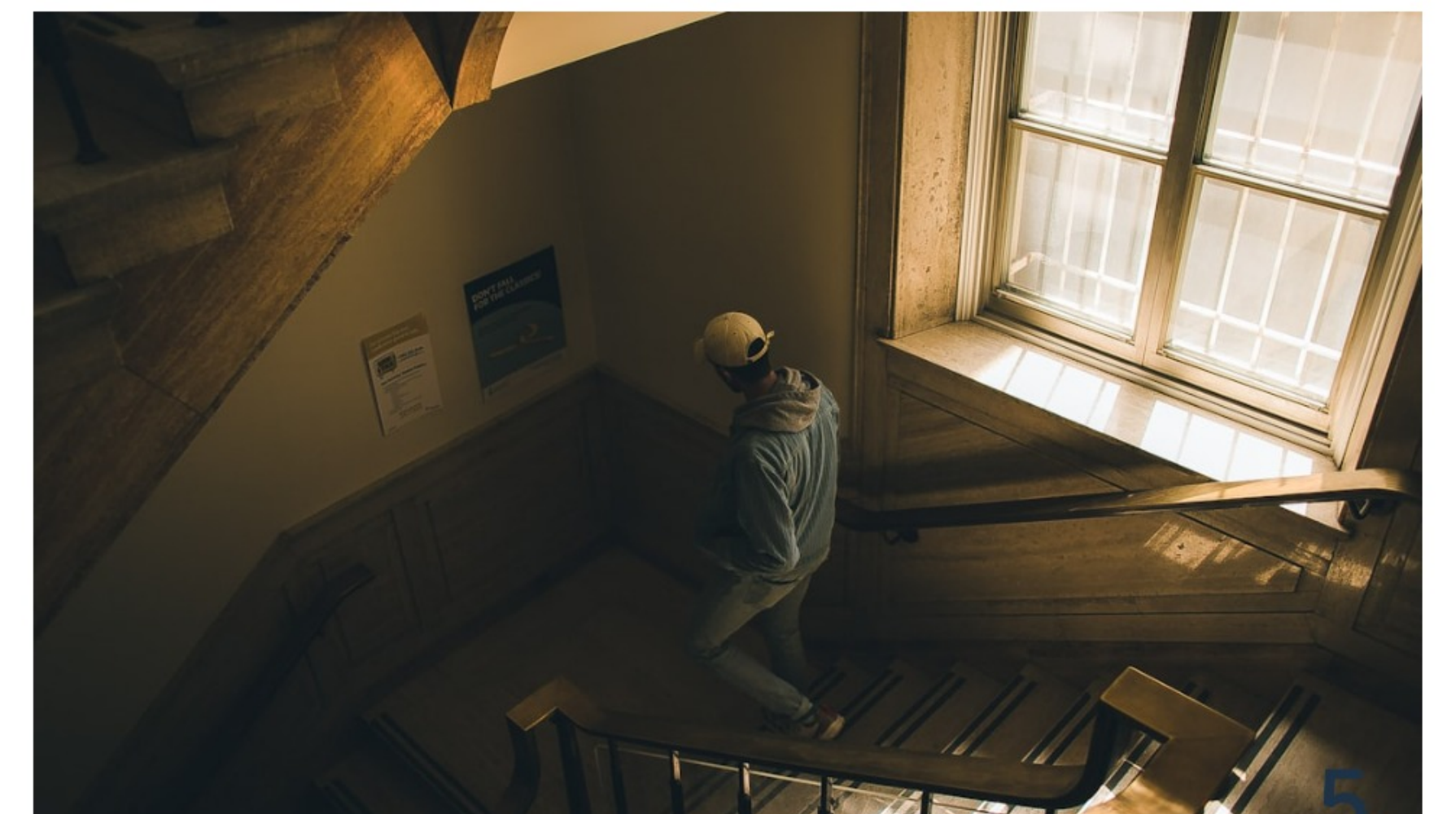
Cumulative glasses of water



Move



Aim for 150 minutes of activity each week, mixing cardio with strength training for a balanced body. Take walks, use the stairs, and add small bursts of movement, choosing activities you truly enjoy.



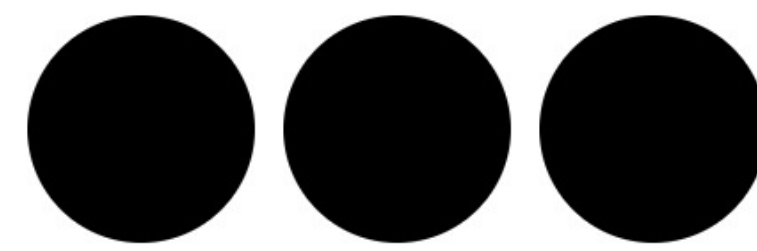
Sleep is when your body repairs and your mind resets, so aim for seven to nine hours each night. Keep a consistent schedule, going to bed and waking at the same time even on weekends. Limit screens before bed and dim the lights early to help your brain wind down naturally.

Create a calm, dark, and cool room where rest comes easily and mornings feel brighter.



Stress

Managing stress protects both your mind and your body for the long journey ahead.



Practice deep breathing or meditation for a few quiet minutes each day to calm your nervous system. Take regular breaks and give yourself permission to rest, letting tension ease before it builds into something harder to carry.

Stay connected with friends and family who lift you up, and make time for hobbies you love. These simple joys restore balance and remind you what matters, turning ordinary days into something steadier, softer, and far more livable.

Avoid



Harmful habits

Quit tobacco

Quitting smoking and avoiding all tobacco is one of the best gifts you can give your lungs, heart, and future self.

Limit alcohol

Keep alcohol intake modest, as cutting back protects the liver, sharpens sleep, and steadies your mood over time.

Less screen

Reduce excessive screen time to rest your eyes, protect your posture, and free up hours for real-world living.

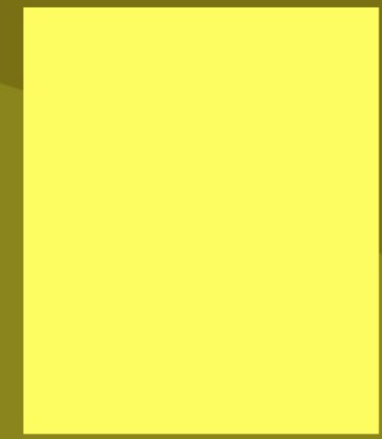
Get checkups

Schedule regular checkups so small issues are caught early, keeping you ahead of problems rather than chasing them.

Lasting change is built from small, steady steps rather than dramatic overnight transformations. Start small and stay consistent, letting each tiny action compound into a habit you barely notice. Set realistic, clear goals you can actually reach, and track your progress to see how far you've come.

Celebrate small wins along the way, because each one fuels the next step forward.





Start today Pick one
habit, stay patient

Your Journey to Wellness