



NUMBERS TO KNOW FOR HEALTH & HAPPINESS

7 daily health habits



1. Drink at least 6 to 8 glasses of water or other unsweetened fluids.
2. Spend 2 hours or less of non-work screen time (laptops, video games, cell phones, etc.).
3. Be physically active for 30 or more minutes.
4. Wash your hands often to lower your risk of picking up and spreading germs.



5. Eat 5 or more servings of vegetables and fruits. Fill half of your plate with these foods.
6. Limit sodium from salt and foods to 2,300 mg per day. Omit salt at the table. Eat less processed foods. Read food labels.
7. Sleep 7 to 9 hours a night.



Take Action: Fight Decay the 2-1-2 Way

- 2 times a day, brush your teeth
- 1 time a day, floss your teeth
- 2 times a year, get a dental cleaning and checkup