

An apple a day isn't enough!®

Eating healthy foods is one of many steps to good health!

- Aim for 7 to 8 hours of quality sleep a night.
- Do regular exercise. Avoid sitting for long periods.
- Wash your hands often to lessen the chance of picking up cold and flu viruses and other germs.
- Maintain a healthy weight.
- Balance work and play.
- Have regular screening tests and exams, as advised by your doctor.

