



ACTION STEPS FOR HEALTH & HAPPINESS

The keys to physical well-being are healthy habits



- Eat nutritious foods.
- Get to and maintain a healthy weight.
- Be physically active.
- Get enough sleep and rest.
- See that you and all family members age 6 months and older get an annual flu vaccine. It is the single best way to prevent getting seasonal flu.



Dos

- Balance work and play.
- Wash your hands often with soap and water or hand sanitizer containing 60% alcohol.
- Avoid secondhand smoke.



Don'ts

- Don't be a workaholic.
- Don't be around people who have the flu.
- Don't use tobacco in any form.