

it's never **TOO EARLY** or **TOO LATE** to work towards being the **HEALTHIEST YOU**

Sleep Well

8 to 9 hours per night



When you're well rested, you

- have more energy
- can handle stress better
- are more alert and able to focus
- have a more positive outlook
- have a stronger immune system
- look and feel refreshed

Sleep Tips



DON'Ts

- don't have energy and/or caffeinated drinks in the evening
- don't go to bed hungry or eat a lot before bed
- don't study or be on technology within one hour of going to bed
- don't exercise within three hours of going to bed
- don't fall asleep before getting into bed
- don't use over-the-counter sleeping pills



DOs

- have small amounts of milk, fruit or chamomile tea before bed to induce sleepiness
- relax before bed – listen to soft music, take a hot bath, read a book or do some light stretching
- have a regular bedtime routine
- keep your bedroom cool, dark and quiet
- keep regular sleep/wake cycles on weekdays and weekends
- limit daytime naps to 30 minutes
- use rhythmic thoughts or repetition to clear your mind



Eat Well

The benefits of eating healthy include

- more energy
- better sleep
- healthier weight
- better skin, hair, and nails
- healthier cardiovascular system
- stronger bones and muscles
- fewer illnesses
- better concentration

Healthy Eating Tips

- eat a healthy breakfast
- drink 6 – 8 glasses of water per day
- choose to be around people with healthy eating habits
- be active
- choose healthy snacks
- use a smaller plate
- eat slowly, relax and enjoy your meal
- break the habit of automatically munching while on technology
- read food labels to watch for trans and saturated fats, calories and carbohydrates, hidden sugar and note the serving size and deceptive advertising



Eat fresh and

stay away from high calorie processed foods!

Be Active



When you're active, you

- have more energy
- can control your weight more easily
- have stronger muscles and bones
- better able to handle stress
- have a healthier heart
- are able to sleep better
- feel better about yourself

*To get and stay fit, create a well-rounded exercise program that includes **AEROBIC**, **STRENGTH**, and **FLEXIBILITY** training.*

Tips for an Active Lifestyle

Make small changes, like . . .

- take the stairs instead of the elevator
- park at the farthest end of the parking lot
- do something active when getting together with friends
- schedule a set time to exercise each day
- drink lots of water when working out to avoid dehydration
- play music, watch TV, or listen to an audiobook or podcast while working out
- if you are looking for a part-time job, look for one that requires movement
- find a sport or physical activity you enjoy to do in your spare time

