

Snack on energy-building foods (granola, apple with skin, low-fat cheese, or peanut butter crackers).

Eat a healthy **breakfast:** cereal or whole-wheat bread; fruit; and low-fat or fat-free milk or orange juice without added sugar.

2

HEALTHY TOP TEN

3 Load up on vegetables, fruits and whole grain foods at **mealtime**.
Lighten up on meats, fatty foods, and foods/drinks with added sugar.



Day-to-Day Wellness Renew Your Optimism

4 **Exercise** at a level that raises your heart rate for at least 30 minutes most days with your doc's OK.

5 Don't go to bed worried; instead, resolve to find a solution after good **sleep**.

6 Maintain a strong **social network** to help you weather stress, illness or difficult changes.

7 **Wind down** before bedtime to promote good sleep, which for most is 7-8 hours.



8 **Smile!** Laugh out loud easily and often by finding humor in silly goings-on.

9 If emotions are getting you down, **get help** from a trusted family member, friend or your health care provider.

10 **Relax** with 20 minutes of calming activities.