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

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

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

getting you down,
get help from a
trusted family
member, friend
or your health
care provider.

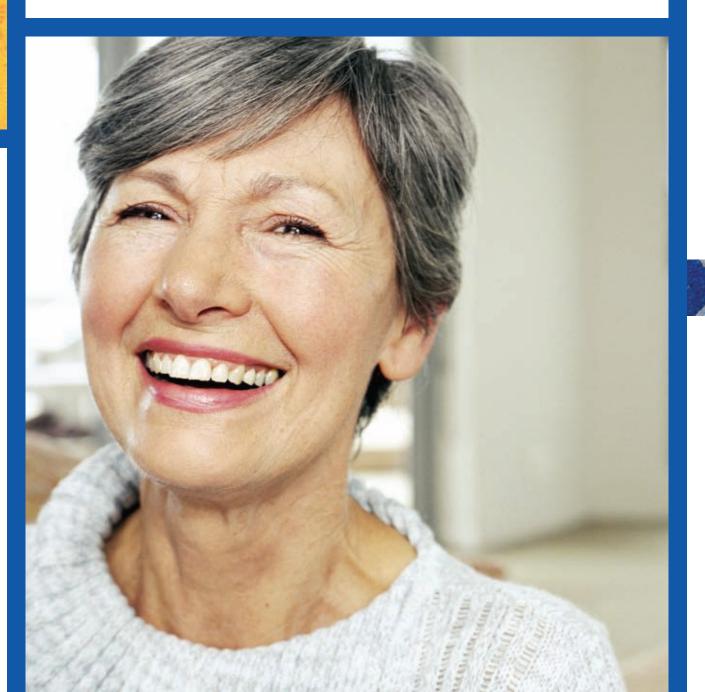
Eat a healthy **breakfast:** cereal or whole-wheat bread; fruit; and low-fat or fat-free milk or orange juice without added sugar.

HEGIANT OP TEN

Day-to-Day Wellness

Renew Your Optimism

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





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

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

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

Relax with 20 minutes of calming activities.

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