Talk to your health care provider if you experience unusual symptoms.

Strike a healthy
work-life
balance so
that you're not
stressed-out.

If negativity, anxiety and depression are keeping you from enjoying life, get professional help.



Take time daily to decompress and **relax** before bedtime.

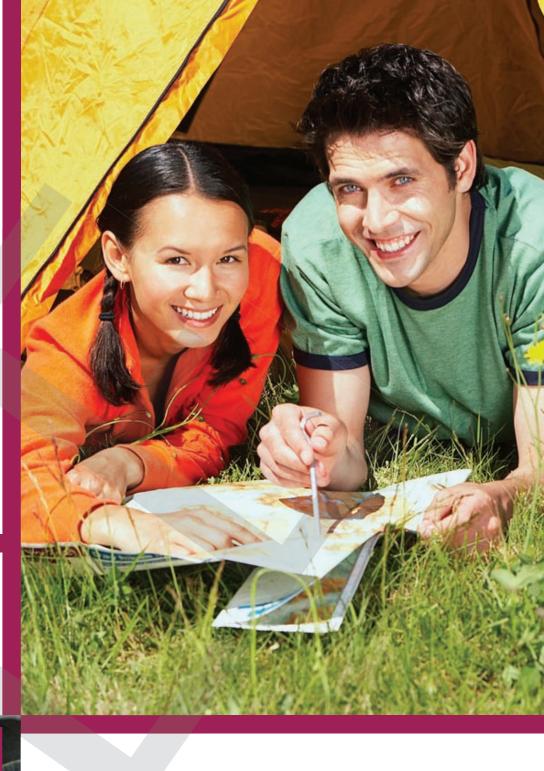
Get **screenings** and immunizations that are recommended by your health care provider.

HEGIAL TEN

Goals for Living Well

Get to know the **preconditions:**borderline ranges for developing high blood pressure, high cholesterol and diabetes.

Limit alcohol use to no more than I drink per day for women, 2 for men; if you smoke, quit.



Get good **sleep**(7-8 hours); if you
have persistent
sleep problems, talk
to your health
care provider.

whole grains, fruits, vegetables and other natural foods (not processed foods).



Make exercise and physical activity a way of life.

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