

Five Ways to Stay Healthy-

1. **Eat healthy.** Make sure you are eating nutritious foods and maintaining a proper diet. Eat breakfast every morning because it's the most important meal of the day.



2. **Stay hydrated.** Drink lots of water to replenish your body and keep your skin healthy.



3. **Exercise.** Adding at least 10-15 minutes of exercise to your daily routine can help your body, mind and spirit. It helps you stay in a good mood while releasing toxins from your body and assisting with weight loss. Walking is a good exercise to start with if you haven't exercised in a while.



4. **Take vitamins.** Taking a multi-vitamin can boost your energy levels and also help manage your stress levels.



5. **Get plenty of rest.** Adequate sleep will improve your your memory and sharpen your attention span. People who sleep less than six hours a night have higher blood levels of inflammatory proteins than those who get more. This raises your risk of heart attack and sleep disorders.

