#### **Positive Attitude**

A positive attitude impacts your overall happiness, health, and well-being.

### Eat Smart and Healthy

Incorporate a variety of fruits, vegetables, and whole grains into your diet.

## **Physical Activity**

Make it your goal to get 150 minutes of exercise per week.

- Balance: Tai chi or yoga
- Endurance: Walking, jogging, dancing, or housework
- Strength: Using light weights or your own bodyweight while exercising
- Flexibility: Stretching your body everyday

#### **Brain Activity**

Challenge your brain by:

- Staying socially engaged
- Playing cards or doing a puzzle
- Reading a book or magazine
- Learning something new









#### Social Activity

Stay active with your friends, family, and community.

#### **Tuning into the Times**

Stay up-to-date with current events, pop culture, and technology.

#### Safety

Be safe in all aspects of life — at home, on the road, and online.

## **Know Your Health Numbers**

- Cholesterol: <200</li>
- Triglycerides: <150</li>
- Blood Pressure: 120/80
- Blood sugar: <100
- **Body Mass Index: 18-25**

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#### Stress Management

Focus on what makes you feel calm and in control.

# Financial Affairs

Meet your financial goals by creating spending limits and a savings plan.

## Sleep

Strive for nine hours of sleep each night.

# Taking Time for YOU

Take 10 minutes for yourself each day and focus on what makes you happy.

