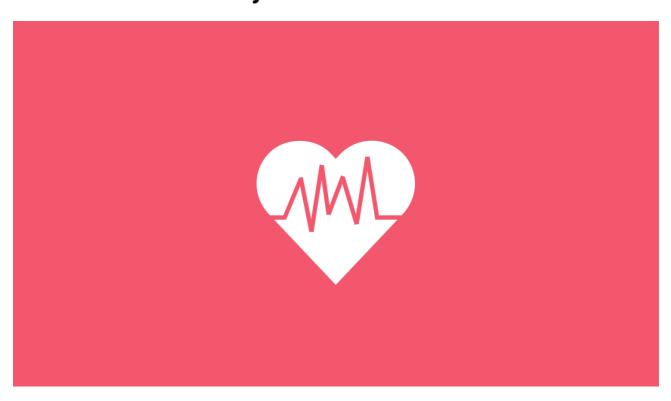
Daily Health Checklist



DRINK WATER . LOTS OF IT.
EAT A FRUIT OR VEGGIE AT EVERY MEAL.
WORK UP A SWEAT
TRY TO SLEEP 8 HOURS.
TAKE A MOMENT TO STRETCH
WALK, BIKE, OR TAKE THE STAIRS
HAVE GOOD POSTURE.
LAUGH AND SMILE.