

## Here are some things that you can do to stay healthy . . . . .

The numbers under these HEALTHY practices are LEAST important (number 1) to MOST

Point	You	Your Partner
Exercise for 30 minutes every day.		
Drink plenty of water.		
Don't smoke.		
Go to the gym.		
Eat a balanced diet.		
Have fun and be happy.		
Visit your doctor regularly.		
Don't drink alcohol.		
Take some vitamins.		
Sleep for at least 8 hours every night.		