

# Live 5 4 3 2 1 + 10 Every Day!

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## 5 OR MORE SERVINGS OF FRUITS AND VEGETABLES

- Rich in vitamins, minerals & fiber. Eating plenty each day can reduce your risk of cancer, heart disease and stroke and help you achieve a healthy weight. Eat a variety of colors, especially dark green, red, and orange. Enjoy them raw, steamed, roasted, grilled, or sautéed.

## 4 (8OZ.) GLASSES OF WATER

- Drink plenty of water each day to keep you healthy and hydrated. Water regulates body temperature, carries nutrients, removes waste, and cushions joints, organs, and tissues. Pick a favorite water bottle to keep with you during the day and on the go. Squeeze a lemon or orange in your water for a citrus kick!

## 3 GOOD LAUGHS

- Laughing promotes the release of endorphins to your brain, helping you feel better and have a positive attitude. There is no limit to laughing, 3 may be a good place to start.

## 2 HOURS OR LESS OF SCREEN TIME

- Spend 2 hours or less each day in front of the TV or on a computer. Be physically active instead!

## 1 HOUR OF PHYSICAL EXERCISE

- Move your body with physical activity 1 hour each day – walk bike, swim, dance, run... Pick activities that you enjoy and that fit your lifestyle. You can break it up into 15-minute increments throughout the day.

## +10 HOURS OF SLEEP

- Take care of your brain and body with 10 hours or more of sleep.