Guidelines for HEALTHY LIVING

- 0 Tobacco Products
- 7 Hours of sleep per night
- 8 Servings of Water Per Day
- 30 Minutes of exercise per day
- 5 Servings of fruits and vegetables per day
- 25 or less measurement of BMI
GUIDELINES FOR HEALTHY LIVING

- 0 TOBACCO PRODUCTS
- 5 SERVINGS OF FRUITS & VEGETABLES PER DAY
- 7 HOURS OF SLEEP PER NIGHT
- 8 SERVINGS OF WATER PER DAY
- 25 OR LESS MEASUREMENT OF BMI
- 30 MINUTES OF EXERCISE PER DAY
Guidelines for HEALTHY LIVING

- 0 Tobacco Products
- 7 Hours of sleep per night
- 8 Servings of Water Per Day
- 5 Servings of fruits and vegetables per day
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- 25 or less measurement of BMI
Guidelines for HEALTHY LIVING

0 Tobacco Products

30 Minutes of Exercise Per Day

5 Servings of Fruits and Vegetables Per Day

25 or Less Measurement of BMI

7 Hours of Sleep Per Night

8 Servings of Water Per Day