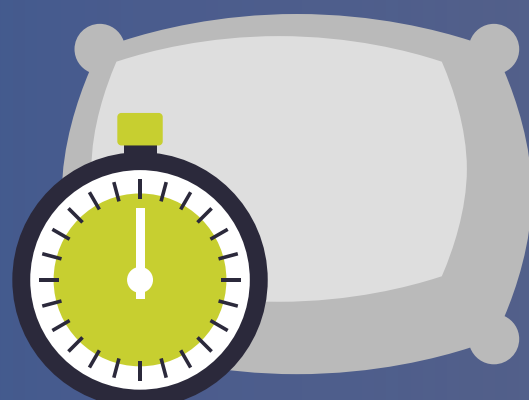


Guidelines for **HEALTHY LIVING**

**EMPLOYERS
FOR
HEALTH**
Consortium
—Akron, OH



0 **Tobacco**
Products



7

Hours
of sleep per night

8 **Servings**
of Water Per Day



5 **Servings**
of fruits and vegetables
per day



25
or less measurement of
BMI

30 **Minutes**
of exercise per day

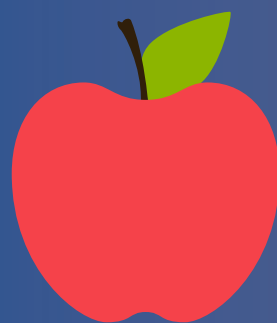




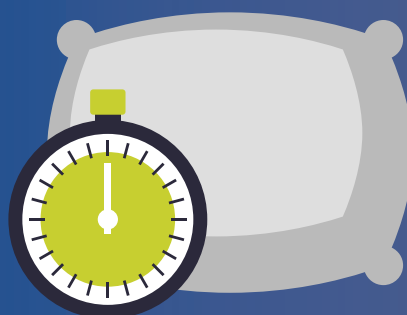
GUIDELINES FOR HEALTHY LIVING



0 TOBACCO
PRODUCTS



5 SERVINGS OF FRUITS &
VEGETABLES PER DAY



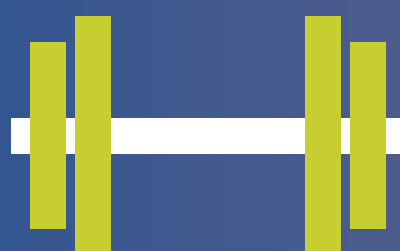
7 HOURS OF SLEEP
PER NIGHT



8 SERVINGS OF
WATER PER DAY



25 OR LESS MEASUREMENT
OF BMI



30 MINUTES OF
EXERCISE PER DAY

Guidelines for **HEALTHY LIVING**

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FOR
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Consortium
—Akron, OH



0 **Tobacco**
Products



7 **Hours**
of sleep per night

8 **Servings**
of Water Per Day

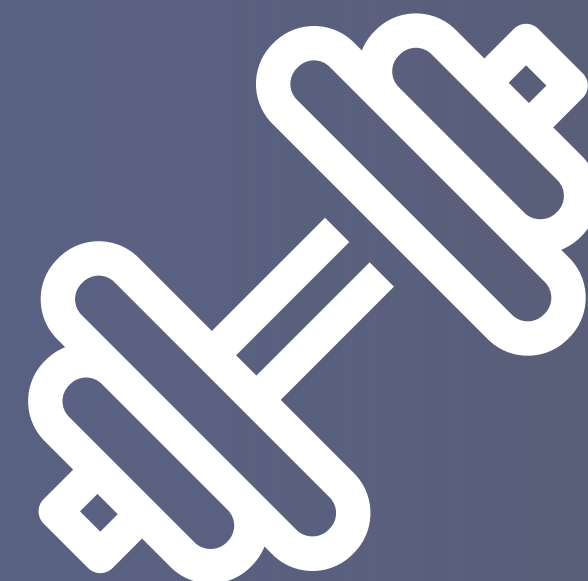


5 **Servings**
of fruits and vegetables
per day



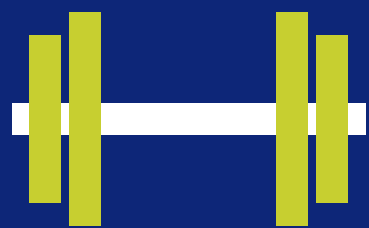
25
or less measurement of
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30 **Minutes**
of exercise per day



Guidelines for HEALTHY LIVING

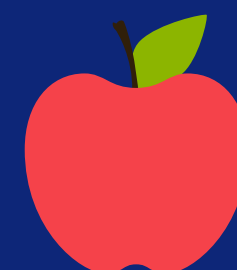
EMPLOYERS
FOR HEALTH
Consortium
—Akron, OH



30 Minutes of
Exercise Per Day



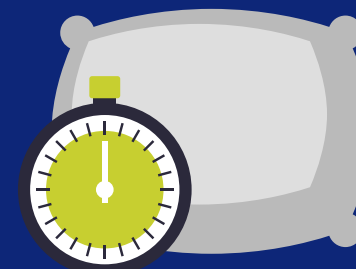
0 Tobacco
Products



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