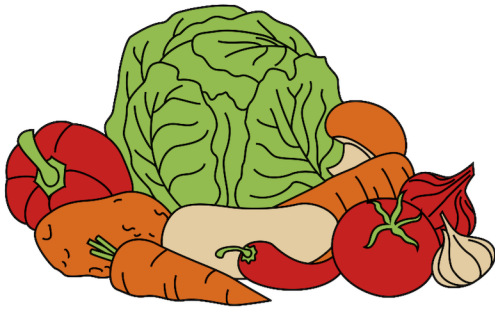


DAILY HEALTHY LIFESTYLE POSTER



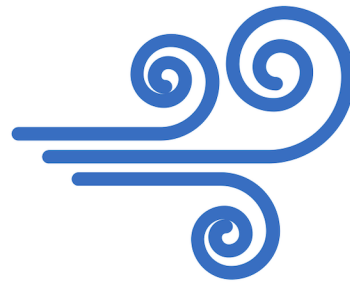
Eat 4x Different Types
of Vegetables



Get at least 8 hours of
sleep



Drink at least 5 Glasses
of Water



Get 10 mins of fresh air



Exercise for 30 minutes
everyday



Do at least 10 minutes
of meditation

60 Second Switch