

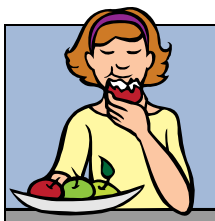
Healthy Monday

S-E-E For Yourself Monday

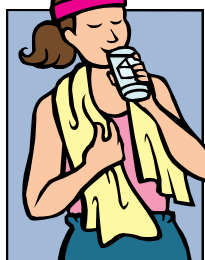
S-E-E For yourself Monday. This week we are looking at a healthy, well balanced diet. Eating healthy is a great way to improve the quality of life, and eating brightly colored fruits and veggies such as dark greens can fight against disease and therefore increase longevity. Not only is eating right healthy, it can positively impact the way you feel.



Sleep maintain a healthy balance of rest



Eat have a well balanced, nutritious diet



Exercise get a good balance of exercise regularly

Challenge yourself to eat at least one fruit and vegetable a day, and drink as much water as you can this week.

Up Ahead:

- What tests have shown exercise can do for you.
- How a well rounded lifestyle can improve your quality of life.

Are your eating/drinking habits healthy ones?

Research tells us that eating healthy can...

- Help students perform better on memory tests.
- Boost energy levels and prevent disease and preserve health.

- Cause reduction in performance of daily activities from headaches, tiredness, etc.
- Without proper amounts of water, you suffer from de-

hydration resulting in reduced alertness and irritability.

How can you keep a healthy diet?

Drink 8-12 cups of water a day, eat several colorful fruits and veggies daily.