Avoid tobacco

Cut down on caffeine

Take walks with coworkers at break time

Relax more

Eat whole grains

Start a weekly salad club

Stay active

Bring in fruits, vegetables, and other healthy snacks to share

Skip the elevator and take the stairs

Steer clear of sugar and processed foods

Ride my bike for errands

Practice daily deep relaxation exercises

Check in with my health care provider to keep tabs on where I stand health-wise

Stay hydrated

Strive for quality sleep

Spend time with my loved ones

Limit my alcohol consumption

Team up with my wellness buddies to stay motivated

Appreciate Yourself

Reward yourself with an invaluable gift…the gift of health and wellness.

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