

Some healthy lifestyle tips:

Eat a healthy diet.

~Eat lots of fruit and vegetables~



Check your blood pressure regularly.



Consume less salt and sugar.

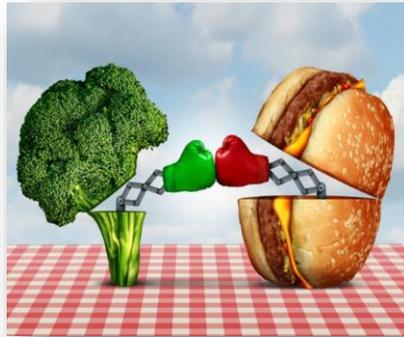
~Limit highly processed foods (eg, 'heat and eat' meals like pizza)~



Don't smoke.



Health and Nutrition Tips That Are Actually Evidence-Based



- Eat nuts and seeds
- Don't fear coffee
- Get enough sleep
- Take vitamin D if you're deficient
- Limit refined carbs
- Eat eggs





“Good health is not something we can buy. However, it can be an extremely valuable savings account.”

—Anne Wilson Schaef

**THANK YOU FOR YOUR
ATTENTION!**

