



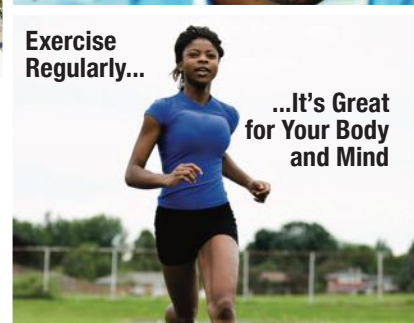
Get Up and Get Moving
(Physically) for a Total
of 60 minutes a Day



Get an Annual
Physical and
Regular
Check Ups

(We Can Help You Get One)

Exercise
Regularly...



...It's Great
for Your Body
and Mind



Eat Fruits/Vegetables,
Drink Plenty of Water
and Less Soda

WELLNESS



Unplug and Take
Time Out for You

(You'll Feel
the Difference
Immediately)



Talk It Out...

...Don't Hold It In



Don't Let Life
Stress You Out

(Stick with Your
Game Plan)



Have Carrots Instead
of Fries OR a Salad
Instead of a Burger



Helping Others
Will Help You Too

Keep Your Mind and Body Strong

- Your mind and body are connected - Build your mind, work your body
- Recognize and reduce stress because it affects your overall health
- Take care of yourself first to live your best life

Respect Your Body: Take Good Care of It

- Eat healthy to maintain mental and physical health
- Being active and exercising keeps the body strong
- Exercising will better your mindset and reduce stress
- When it comes to sex, be on the safe side: respect and protect yourself and others

Build Your Peace of Mind Daily

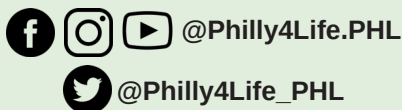
- Unplug and disconnect from the madness of the digital world at least 1 hour before going to sleep
- Take time for reflection (*journal, meditate, pray*)
- Discover and enjoy your passions, talents & gifts (*i.e. art, sports, music, writing, comedy, dance*)
- Find things to enjoy, laugh and smile about every day

Your Mental and Emotional Health Are Important

- Understand your feelings, they are real
- Learn how to express your feelings in a positive way
- Promote positivity...what you give out is what you get back
- If your feelings keep bothering you, it's OK to get the support and help you need



Follow P4L for Tips and Videos on How to Practice Wellness Daily!



Connect 4 Support...

