NUMBERS
to live by everyday

It takes a few small steps each day for you to stay healthy and feeling great!

5 Fruits and vegetables are colorful, taste great, and offer numerous benefits to your overall health! Try to make your plate colorful.

4 Staying hydrated helps your body function properly throughout the day. Try and drink four 8oz glasses of water between each meal.

GOOD LAUGHS Although it might seem too easy, laughing great for your health. It improves your mood, helps fight stress, aids immune health and stimulates organs like your heart. **3**

2 Try and limit yourself to two hours or less of screen time a day.This can help improve your sleep, increase your focus and help prevent headaches. This is particularly important if you have a job where you use the computer often.

Remember physical activity doesn't always mean working out. Even a short walk or taking the stairs will keep you feeling great! **1** HOUR OF PHYSICAL ACTIVITY

Coffeyville Regional Medical Center
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