

# Move... to the Zip Code of Healthy Living!

## 8 - Drink eight glasses of water a day!

Your body is 97% water. In order to stay healthy and fit you have to replace the water that your body loses during the day. Make sure you drink at least eight glasses a day!



## 5 - Eat at least 5 fruits and veggies everyday!

Make sure to eat lots of fruits and vegetables! They help nourish your body and give you what you need and they taste great! To stay healthy to the core, then when it comes to fruits and veggies eat more! More! More!



## 0 - Cut down to zero the number of sugary sodas or other beverages!

Think before you drink! Sodas have a lot of sugar which means they have a lot of liquid calories! And these calories add up quickly adding pounds to your waist. So don't waste your time with soda! Drink smarter with fresh delicious water! Water is swell because it keeps us healthy and well!



## 1 - Be physically active for at least 1 hour a day!

To maintain a healthy body and mind make sure to have at least 60 minutes of physical activity every day! Try new activities and try them with friends. It doesn't matter if you run, walk or even bike... what is important is that you do what you like!



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## 9 - Make sure to get 9 hours of sleep!

Getting enough rest is important for your mind and body! Sleep helps to energize you, think more clearly and keep you at a healthy weight! So to be at your best, be sure to get plenty of rest!

