

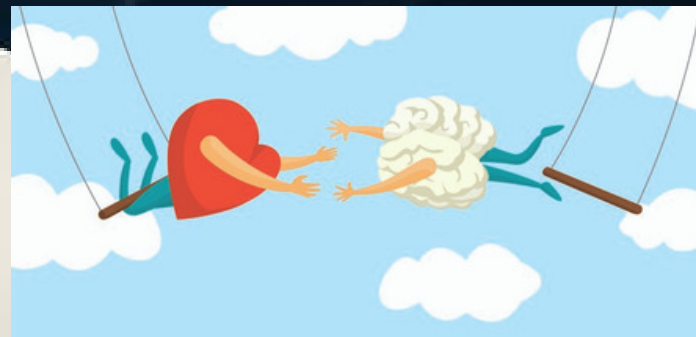
HEALTHY HABITS

DON'T SMOKE

Your body repairs itself quickly. As soon as 20 minutes after your last cigarette, your heart rate and blood pressure drop. Why wait? Kick the habit, today.



Good balance means better muscle tone, a healthier heart, and greater confidence. Yoga and tai chi are great ways to work on it.



BE MINDFUL AND KEEP YOUR BALANCE

SLEEP WELL.

A good night's sleep keeps you in a better mood, sharpens memory and focus, and helps you learn new things. In the long term, it lowers your risk of heart disease and helps you keep trim. Aim to get 7 to 9 hours a night.



Studies show mindfulness slashes stress, relieves pain, and improves your mood