

## Healthy Eating

**Consume:**

- Vegetables
- Fruits
- Whole grains
- Proteins
- Healthy oils
- Water

**Avoid:**

- Excessive sugar
- Empty calories
- Excessive alcohol consumption
- Smoking

## Fitness

- 150 minutes of aerobic activity a week
- Two or more days of strength training

## Balance

- Control stress
- Deal with depression

## Overall Well-Being

- Maintain regular physicals and exams
- Discuss any mental or physical health concerns with your physician

Note: Discuss any dietary or lifestyle changes with your physician before implementing.

