

Live Better. Live Longer.

In addition to National Public Health Week, our message is to “**Live Better. Live Longer.**” The best prevention method to “live better, live longer” is to follow the prescription for better health. Just remember HEALTH stands for:

- H**ealthy eating - Eat fruit, veggies, protein, and make half your grains whole
- E**xercise - At least 30 minutes on most days of the week
- A**dequate sleep - Eight hours of restful sleep for optimum health
- L**imit alcohol - One drink for women, two drinks for men per day
- T**obacco free - Be nicotine free for healthier lungs
- H**ave a laugh! – Reduces stress, lowers blood pressure, and improves brain function

For more information concerning healthy behaviors, check out the **Wellness Tips** section. Each month you can find physical activity and nutrition tips that will help you become a *better, healthier* you!