



8 Tips to Be a Healthier You

- 1. Trust in God; pray and read your Bible daily. Remember you always have a friend in Jesus Christ.**
- 2. Eat more fruits and vegetables, nuts, and whole grains in their most natural state.**
- 3. Walk at least 30 minutes a day.**
- 4. Drink more water daily. Bonus add herbal teas for relaxation.**
- 5. Get enough sleep during the week. Maintain a regular bedtime schedule of at least 7 hours.**
- 6. Stop and slow down. Keep stressful situations to a minimum. Spend within your means and avoid debt. Less stuff to worry about the happier you will be.**
- 7. Take vitamins.**
- 8. Laugh more!**