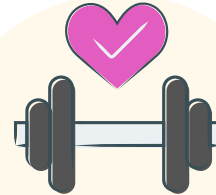


# 6 STEPS TO STAY HEALTHY



Get plenty of  
**SLEEP.**



**EXERCISE**



Eat **FRUITS** &  
**VEGETABLES.**



**BE MINDFUL.**



**DO THINGS  
YOU ENJOY.**



Drink lots of  
**WATER.**