

Formula for Good Health

0 Cigarettes



5 Servings of fruits and vegetables per day



STAY HEALTHY TO
PREVENT
SERIOUS DISEASE



10 Minutes



Silence,
relaxation,
or
meditation
per day

Body Mass
Index
< 30 kg/m²



.....**30**



Exercise



150 Minutes of exercise per week (e.g., brisk walking or equivalent)

Think about what you already do, and what you will commit to work on.

Formula for Good Health

Place a \checkmark for what you already do and an X for what you commit to working on.

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What Can A Healthy Lifestyle Do For You?

14 recent studies from the medical literature show that just these 5 simple habits can reduce your chance of developing...

Type 2 Diabetes by 93%

Hypertension by 78%

Heart Attacks by 83%

Strokes by 79%

Heart Failure by 47%

All Cancers by 36-64%

& reduce your overall chance of dying by 40-65%

This is the #1 way to stay healthy and prevent serious disease!

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