Formula for Good Health

- 0 Cigarettes
- 5 Servings of fruits and vegetables per day
- STAY HEALTHY TO PREVENT SERIOUS DISEASE
- 10 Minutes of silence, relaxation, or meditation per day
- Body Mass Index < 30 kg/m²
- 30 Minutes of 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 √ for what you already do and an X for what you commit to working on.

<table>
<thead>
<tr>
<th>Habit</th>
<th>Target</th>
</tr>
</thead>
<tbody>
<tr>
<td>Cigarettes</td>
<td>0</td>
</tr>
<tr>
<td>Servings of fruits and vegetables per day</td>
<td>5</td>
</tr>
<tr>
<td>Minutes of silence, relaxation, or meditation per day</td>
<td>10</td>
</tr>
<tr>
<td>Body Mass Index</td>
<td>&lt; 30 kg/m²</td>
</tr>
<tr>
<td>Minutes of exercise per week (e.g., brisk walking or equivalent)</td>
<td>30</td>
</tr>
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<td></td>
<td>150</td>
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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!
**Formula for Good Health**

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