

# How Healthy Can You Be?

Do reduce stress

Do reduce sugar

Do eat your fruits & vegetables

Do move, exercise, breathe, meditate

Do find things to laugh about with others

Do lose weight if you need to

Do stop smoking

Do smile



**PLEASE WEAR A MASK & GLOVES FOR YOURSELF,  
YOUR FAMILY & YOUR COMMUNITY'S HEALTH**

Enough Sleep  
+ Enough Soap  
+ Enough Distance  
= **Safeguarding**

DO help your friends that are 'SOS' (stuck on stupid) regarding the virus!