

# 5

## Easy Tips to Stay Healthy



### 1

#### Nutrition

Choose foods that are rich in nutrients such as fruits and veggies. Get creative and pack all this goodness into a tasty wellness juice you can share with friends or enjoy on the go!

### 4

#### Wash Your Hands

Wash your hands thoroughly and often, using soap and water for at least 20 seconds. If soap and water are not readily available, use hand sanitizer to get rid of the germs.

### 2

#### Hydration

Staying hydrated has all kinds of benefits such as boosting cardiovascular health, helping muscles and joints, and cleansing your body naturally. Drink plenty of fluids to stay hydrated!

### 5

#### Stay Connected

Communicate your feelings with friends and family members, especially if you're not feeling well. Making time to talk with others helps relieve stress and makes a community stronger!

### 3

#### Rest & Rejuvenate

Excessive worry and prolonged stress weakens your natural immune system. Boost your immune system with happy activities and rejuvenate with eight hours of night-time sleep.



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