

# KEYS TO WELLNESS

## Objective:

To provide a daily reminder of ways to get and stay well.

Print out the mini poster below and post it someplace you will see it regularly.

Make it a point to do as many of these things for yourself as you can every day.

# Keys

to feeling better & staying well:

- Get a good night's sleep
- Drink plenty of water
- Eat three healthy meals a day
- Exercise
- Do something you enjoy
- Relax
- Talk to a loved one
- Get some fresh air