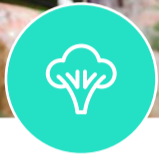


New Year, New Healthy You

You can make 2018 your healthiest year yet! Start with these 9 tips to boost your health and well-being all year long.



Get 150 Minutes of Physical Activity Per Week



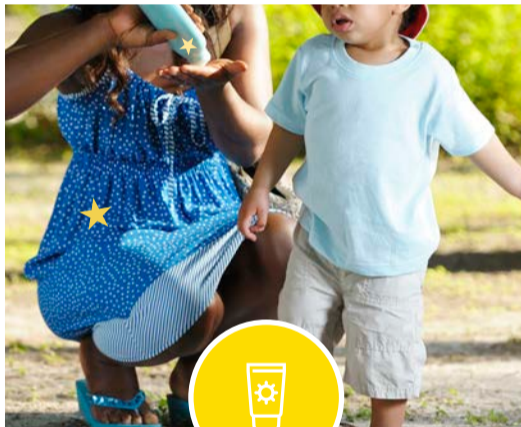
Eat More Fruits & Veggies, Less Salt & Added Sugars



Quit Smoking



Get at Least 7 Hours of Sleep Every Night



Wear Sunscreen & Insect Repellent



Stay Up-to-Date on Cancer Screenings



Avoid Excessive Alcohol



Get Your Flu Shot



Wash Your Hands Often

