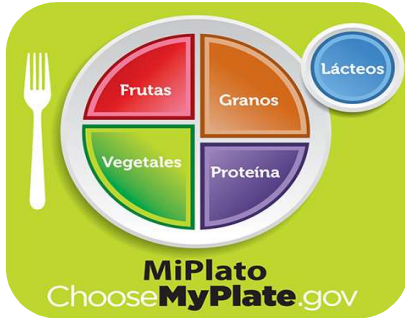


7 Keys to Health!



Diet & Nutrition

- Learn *what* to eat
- Learn *how much* to eat
- Learn *when* to eat



Exercise

- Exercise at least 30 minutes five times a week
- Physical activities improves your health



Weight Control & Self-Monitoring

- your blood sugar
- your feet and skin
- your weight



Professional Prevention & Avoiding Injury

- Visit your doctor regularly
- Take prescribed medicine
- Wear seat belts & helmets
- Seek immediate medical attention in an emergency



No Smoking & Alcohol Moderation

• Smoking kills & excessive alcohol intake is a serious problem

Learn to Solve Daily Problems

- Get help from family, friends and community
- Manage your stress and emotions