Get 30 minutes of physical exercise five days a week.

Drink a glass of water with every meal.

Quit smoking. Talk to your pharmacist about options to quit.

Limit alcohol intake: one drink per day for women, two per day for men.

Limit sodas and caffeinated drinks.

Try to get eight hours of sleep a night.

Eat more leafy green vegetables.

Relax! Look into meditation or yoga to relieve stress.

Brought to you by this pharmacy and the National Community Pharmacists Association