

**STAY TRUE TO YOUR NEW
YEAR'S RESOLUTION FOR
A HEALTHIER YOU!**

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- ✓ 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.

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