

SEPT  
**06**



**W.E.L.L.** stands for: Wisdom, Exercise, Lifestyle Lift

**LIVING  
W.E.L.L.**

WITH THESE  
**8 STEPS**

Manage your health risks NOW to enjoy a full and plentiful life

1. **Eat:** FRESH, WHOLE foods like fruits, veg, & grains
2. **Cut out foods with:** Nitrates, Hormones & Sweeteners
3. **Add Healthy Fats:** Avocado, Nuts, Cook with Olive Oil
4. **Get Moving:** Commit to 30 minutes for a brisk walk,
5. **Fit In Exercise:** Stretch every hour, take the stairs
6. **Buddy System:** Find someone to help you commit to this!
7. **Get a Regular Check Up:** Regular blood work to limit risks
8. **Take Up A New Hobby:** Try a walking group, yoga class, Tai Chi to expand your horizons, meet people, and get moving