

Boost your health by forming positive habits!

Incorporate these **9 practices**
into your daily routine:

RETHINK YOUR DRINK

If you choose to consume alcohol, practice low-risk drinking and don't overindulge.

GET ENOUGH SLEEP

Prioritize getting rest. Adults need at least 7 hours of sleep per night.

GET YOUR CHECKUPS

Visit your doctor regularly for preventative screenings.

LOCK UP YOUR MEDS

Store medications so others don't have access and dispose of them when no longer needed.

EAT NUTRITIOUSLY

Eat the rainbow by adding healthy foods of different colors to your plate.

IMPROVE MENTAL HEALTH

Practice mindfulness and focus on positive thinking.

GET ACTIVE

Get at least 150 minutes of moderate-intensity exercise every week.

AVOID SMOKING & VAPING

Contact the Georgia Tobacco Quit Line at 1-877-270-STOP for help quitting.

STAY HYDRATED

Drink plenty of water throughout the day to ensure you get an adequate amount.

Being intentional about making healthy choices can help you feel better and increase your quality of life.