

HOW TO LIVE TO BE



Live 12+ Years Longer with These 5 Habits

According to the American Heart Association, these healthy habits may add up to 14 years for women and 12 years for men:

1



DON'T SMOKE

Smoking takes an average of 10 years off your life.

2



EAT SMART

More fruits and vegetables, less red meat and added sugars.

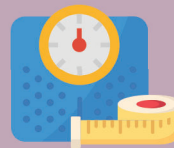
3



EXERCISE NEARLY EVERY DAY

Prevents cancer and keeps your heart, brain, and muscles strong.

4



WATCH YOUR WEIGHT

Weight problems can triple your risk of early death.

5



DRINK IN MODERATION

1 drink a day if you're a woman, 2 if you're a man.



MORE WAYS TO LIVE LONGER

Studies show these simple tips can help:



WALK 30 MIN. A DAY
(AN HOUR IS EVEN BETTER!)



SPEND TIME WITH FRIENDS



FIND YOUR PURPOSE



EAT A HANDFUL OF NUTS EVERY DAY



SIT LESS



LAUGH MORE



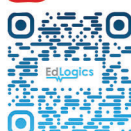
TURN OFF THE TV



SLEEP WELL



ADOPT A PET



Register today for more health resources.

Already registered?
Log in now: myedlogics.com/acshic

Still need to sign up?
Go to myedlogics.com/acshic/account/register and follow the instructions.



January Monthly Challenge:
HEALTHY HABITS

Get 10 bonus HealthScratch™ entries if you finish the Healthy Habits Quiz this month!