

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 MINUTES A DAY
(AN HOUR IS EVEN BETTER!)



SIT LESS
REGULARLY



SPEND TIME WITH FRIENDS



FIND YOUR PURPOSE



EAT A HANDFUL OF NUTS EVERY DAY



ADOPT A PET
REGULARLY



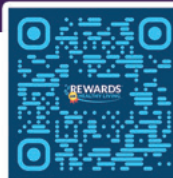
LAUGH MORE



TURN OFF THE TV
GET ENOUGH SLEEP



SLEEP WELL



REGISTER TODAY!

Still need to sign up?
Go to rewardsforhealthyliving.com
and follow the instructions on the screen.

Already registered?
Log in now: rewardsforhealthyliving.com