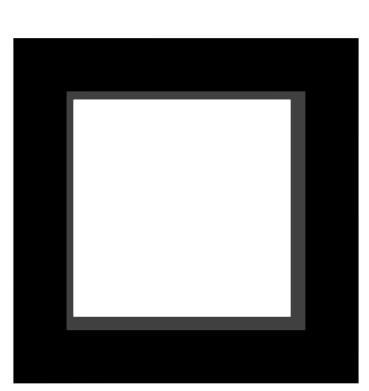
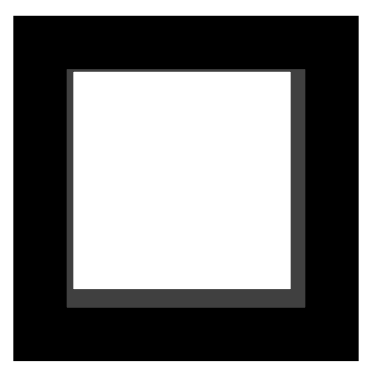


Healthy Habits

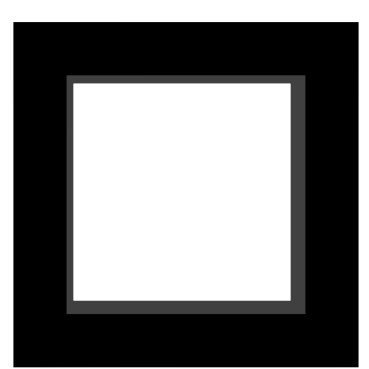
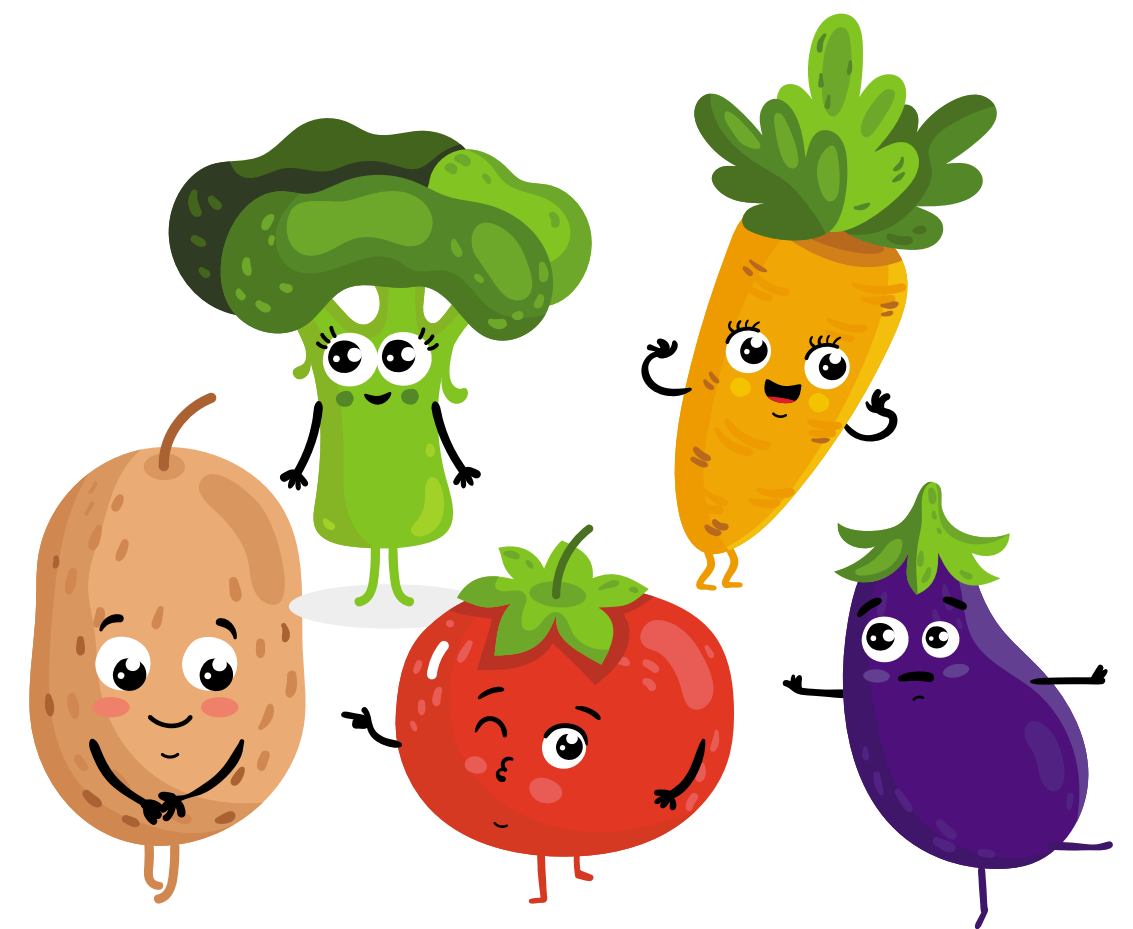
Prescription for daily healthy habits:



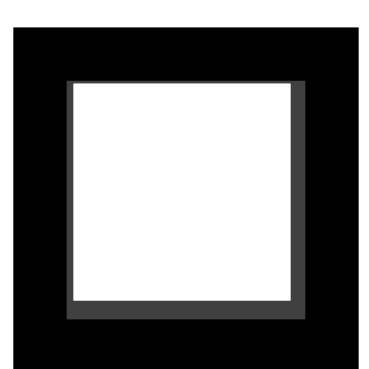
9 hours of sleep



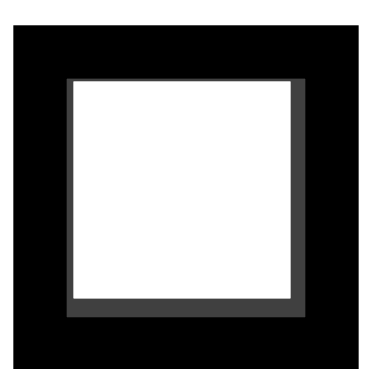
5 servings of fruits and vegetables



2 hours or less of screen time



1 hour of physical activity



0 sugary drinks!

