



20 Tips For A Healthy Lifestyle

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Get Enough Sleep

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Be Positive

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Exercise

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Help Others

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Set Goals

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Keep Hands Clean

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Have Good Hygiene

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Eat a Healthy Diet

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Drink Lots of Water

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Get Organized

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Get A Dog

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Get Fresh Air and Sunshine

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Take Deep Breaths

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Take Daily Supplements

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Get a Massage

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Seek Natural Cleaning
and Beauty Products

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Laugh More

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Play Games

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Bake or Cook

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Try a Meal Home
Delivery Service