

PLAN FOR A BETTER LIFE

BASICS OF HEALTH



ALCOHOL

Avoid drinking more than 3 glasses of wine a week.



EXERCISE

Exercise 4 times a week including an activity you enjoy.



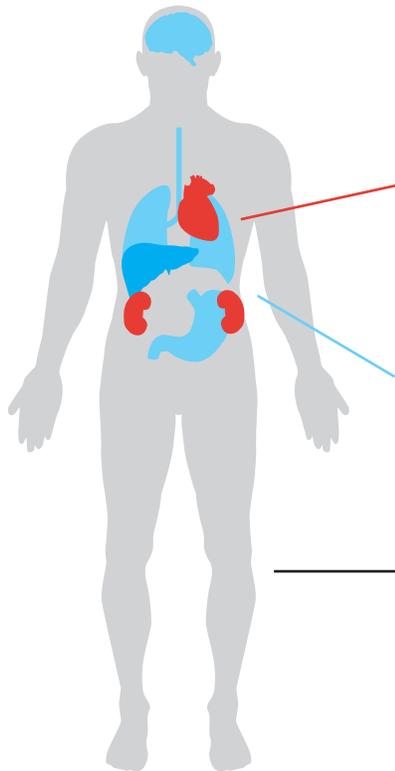
NUTRITION

Eat at least 2,000 calories a day. 2-4 separate meals.



FINANCES

Save 25% of your income every pay period.



33%

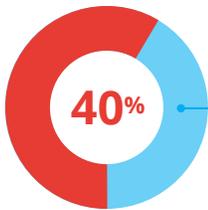
Swapping “white” carbs for whole grains may lower your risk for heart disease by 33%

90%

Smoking causes an estimated 90% of all lung cancer deaths in men and 80% in women

60%

60% of American adults do not get enough physical activity to receive the health benefits related to exercise



Schedule Activities

40% of workers “feel more productive and better about their job” when returning from vacation.

-CCH Human Resources Management

INVEST IN HOME & SOCIAL ACTIVITIES & HOBBIES

PLAN YOUR WEEKENDS

PLAN YOUR VACATIONS WITH FINANCES IN MIND