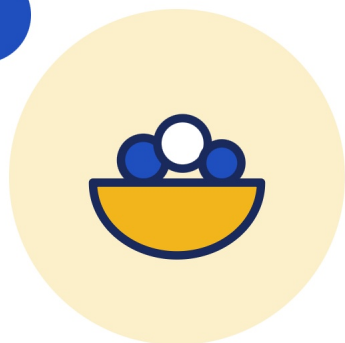


DAILY WELLNESS HABITS

6 STEPS TO A HEALTHIER YOU

1



EAT BALANCED MEALS

Include a variety of nutrients

2



STAY HYDRATED

Drink plenty of water daily

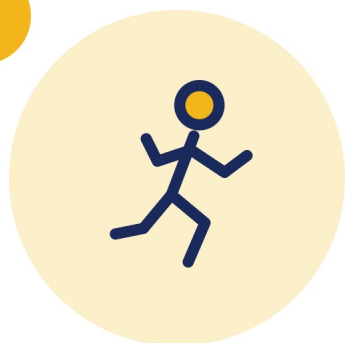
3



GET ENOUGH SLEEP

Aim for 7–9 hours of quality rest

4



REGULAR EXERCISE

Be active for 30 minutes most days

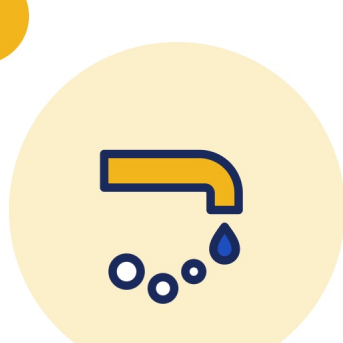
5



MANAGE STRESS

Practise mindfulness or yoga

6



HAND HYGIENE

Wash hands often for 20 seconds

Supporting young minds. Building stronger futures.

General health information only. For personal advice, speak to a qualified healthcare professional.

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