

Tips and Tricks: Staying Healthy @ Home



**Set an
alarm to
take stretch
breaks
every hour**



YOUR BACK WILL THANK YOU

**Replace your
delicious chips
and candies with
a refreshing
smoothie or
yogurt!**



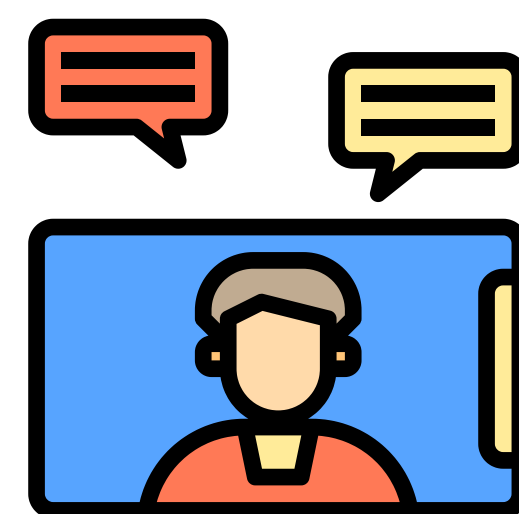
IT MAY BE GREEN BUT IT'S DELICIOUS!

**Honor your sleep
cycle.
Get some rest!
7-9 hours of
sleep is
recommended.**



YOU KNOW WHAT ELSE IS CONTAGIOUS?
YAWNING. SO DO YOUR PART!

**Especially in
times of
isolation, stay
connected!
You're not
alone, we're in
this together.**



YES, THAT MEANS ASKING YOUR BROTHER
OR SISTER HOW THEIR DAY IS!