

Mollie's

Tips *for* a Healthy Lifestyle



1. Drink 8 cups of water/day,
1 being before you get out of bed.
2. Eliminate sugar-sweetened beverages
3. Get in at least 45 minutes of
physical activity 4x a week.
4. Eat breakfast...GPF&F/V
5. Sleep 7.5-8 hours/night
6. AT LEAST 3 meals/Day -INCLUDING a
VEGETABLE AND PROTEIN at each.

For more information contact

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