

# Your Healthy Living Choices

## Small Steps for a Healthier You.

### START ENJOYING A HEALTHIER LIFE NOW.

- **LIVING HEALTHY** happens when you do things that you enjoy.
- **LIVING HEALTHY** gives you more energy and a greater sense of well-being.



- **LIVING HEALTHY** is easier with prevention.
- **PREVENTION** keeps cholesterol and blood pressure lower.
- **VISIT** your primary care physician yearly for a check up. Health screenings can prevent problems and help you take the right steps to stay healthy.
- **GOOD HEALTH** reduces feelings of depression and anxiety.



**It's Your  
Choice.**



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