

New Year, Healthy Routine!



1

During commercial breaks do jumping jacks for 20 minutes!



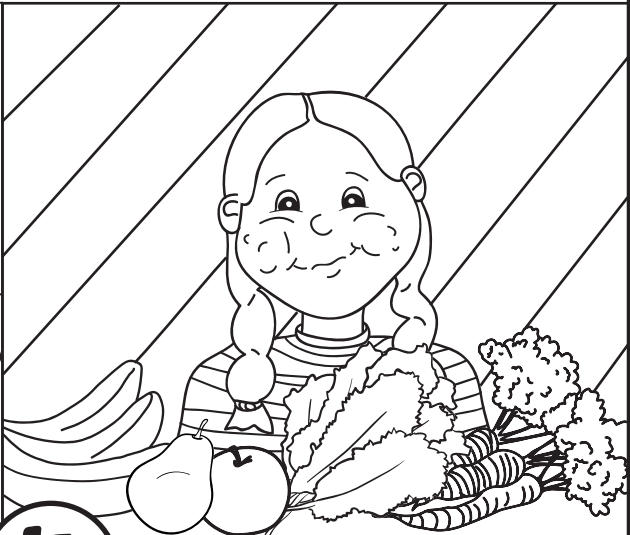
2

Brush your teeth after every meal!



3

Laugh more! Laughing releases feel-good chemicals in your body!



4

Eat the rainbow by eating fruits and veggies of every color!

Did you know?

When it comes to being healthy, think small. It's the little things that count! Make sure you get moving, take care of your teeth, laugh more and eat healthy!