



Share the Wellness Tip

March 1, 2013



“10 Health and Wellness Rules”



1. Drink plenty of water.
2. Eat breakfast like a king, lunch like a prince and dinner like beggar.
3. Eat more foods that grow on trees and plants and eat less food that is manufactured in plants.
4. Live with the 3 E's – Energy, Enthusiasm and Empathy.
5. Make time for family.
6. Play more games.
7. Read more books than you did in 2012.
8. Sit in silence for at least 10 minutes each day.
9. Sleep for 7 hours.
10. Take a 10-30 minute walk daily. And while you walk, smile.

