

# how to make your HEALTH a PRIORITY

*Celebrating National Women's Health Week*



monday

Avoid unhealthy habits like smoking, drinking excessively, texting while driving & not wearing a seatbelt or using a bike helmet.

*leave phone in purse while driving*

tuesday

Get plenty of sleep.

*in bed by 10pm*

wednesday

See your doctor for regular health checkups & screenings.

*call Dr. Singh for a checkup*

thursday

Be physically active (at least 2.5 hours of moderate exercise each week).

*schedule 30 minute workout*

friday

Manage stress by taking time to relax and do things that you enjoy!

*call the girls to schedule brunch!*

sat./sun.

Eat healthy meals.

*schedule grocery trip*

*meal prep for next week*

