

Prescription for Health



- \$ Do not smoke or use any tobacco**
- \$ Exercise 30 minutes 4-5 times per week; 10 minute intervals are ok.**
- \$ Maintain a healthy weight**
- \$ Drink no more than 2 alcoholic drinks per day**
- \$ Lots of supportive friends and family**
- \$ Eight hours of sleep**
- \$ 25 grams of fiber daily**
- \$ 5 fruits and vegetables daily**