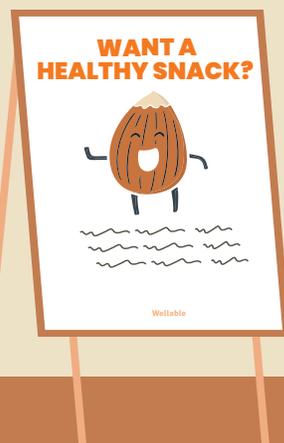
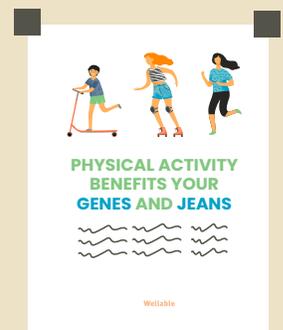
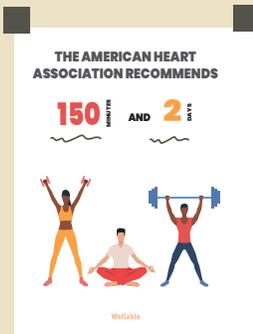


# WELLNESS FLYERS





# HOW TO GET BETTER SLEEP?



Be physically active every day



Avoid going to bed and getting up at different times



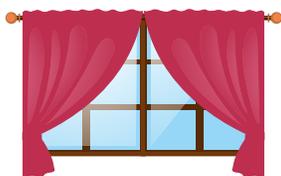
Restrict caffeine, alcohol, nicotine, and intense exercise within one hour of sleeping



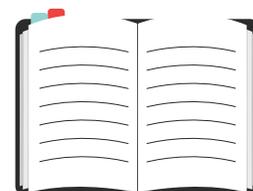
Use your bed for sleep, avoid working, playing games and social networking



Avoid long naps → a 15 minute "power-nap" is enough



Set up a comfortable environment and eliminate light in your room



Express yourself in a journal to relieve stress

# THE AMERICAN HEART ASSOCIATION RECOMMENDS

**150** MINUTES

of moderate intensity aerobic exercise a week

AND

**2** DAYS

of muscle-strengthening activity a week





# PHYSICAL ACTIVITY BENEFITS YOUR GENES AND JEANS

Exercise leads to improved transmission of biochemical signals from your DNA into your body, which impacts the likelihood of contracting diseases

# WANT A HEALTHY SNACK?



Grab some almonds!  
They protect against heart  
disease, diabetes, and cancer.

# FRIENDSHIP SAVES LIVES



People with strong social ties are 50% less likely to die early. Having strong social ties is as good for you as quitting smoking. Regular contacts with 10 or more friends significantly increases happiness and lengthens life.



# DRINK WATER!

Water energizes muscles and helps with kidney function. It also helps maintain the balance of body fluids and control calories as well as maintains normal bowel function and even makes the skin look good.



# TAKE A NAP

Sleep is known to have many benefits including reducing inflammation and promoting faster healing. It reduces stress and helps prevent depression as well as promotes weight loss and improves memory.

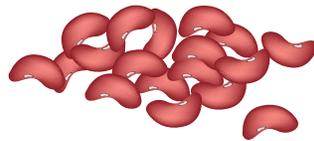
# 9 HIGH FIBER FOODS

Studies show high fiber diets are linked to weight loss and lower risk of type 2 diabetes

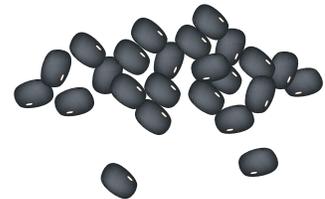
Split Peas



Lentils



Black Beans



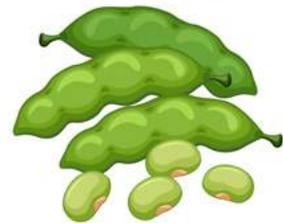
Lima Beans



Artichokes



Peas



Broccoli



Brussels Sprouts



Raspberries



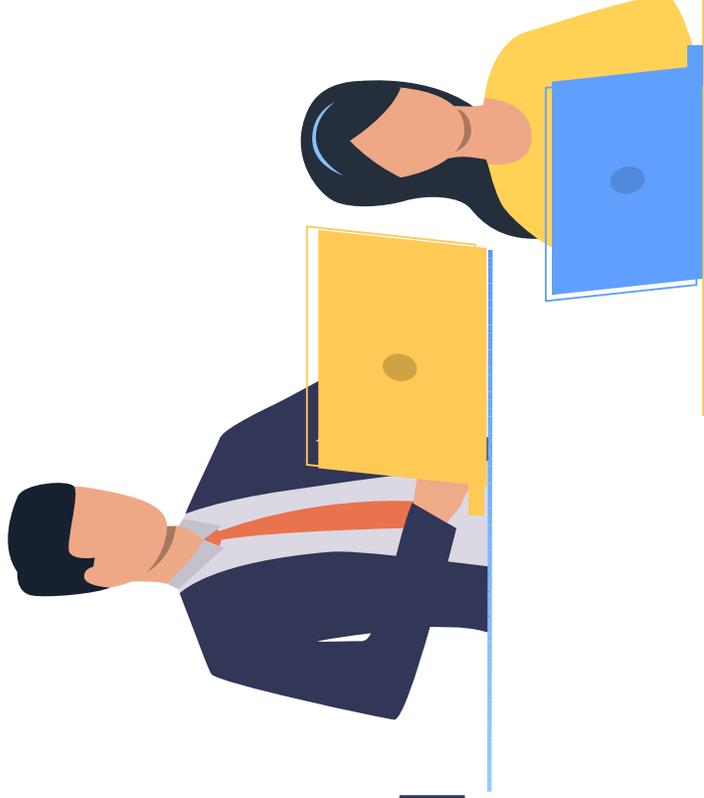
# TAKE TYLENOL OFTEN?

Acetaminophen, the active ingredient in Tylenol, Excedrin, and other painkillers causes liver failure when overused.



Healthy adults should limit their intake to no more than 4,000 mg every 24 hours.

# **PRACTICE THE 20-20-20 RULE TO REDUCE EYE STRAIN**



**TAKE YOUR EYES OFF OF  
YOUR SCREEN EVERY**

**LOOK AT SOMETHING**

**FOR AT LEAST**

# 20

**MINUTES**

**FEET AWAY**

**SECONDS**

# ABOUT WELLABLE

**Wellable** operates next-generation wellness challenges and health content technology platforms and complements these solutions with on-site services, such as fitness classes, seminars, health coaching, and more.

The technology's flexibility allows organizations to customize and configure a program to meet their needs and objectives while providing a rich experience for end users. Wellable works with employers and health plans of all sizes across the world, with active users in more than 23 different countries.

Visit us online at [www.wellable.co](http://www.wellable.co) and follow us on social media!

