



POWER TO PEDAL

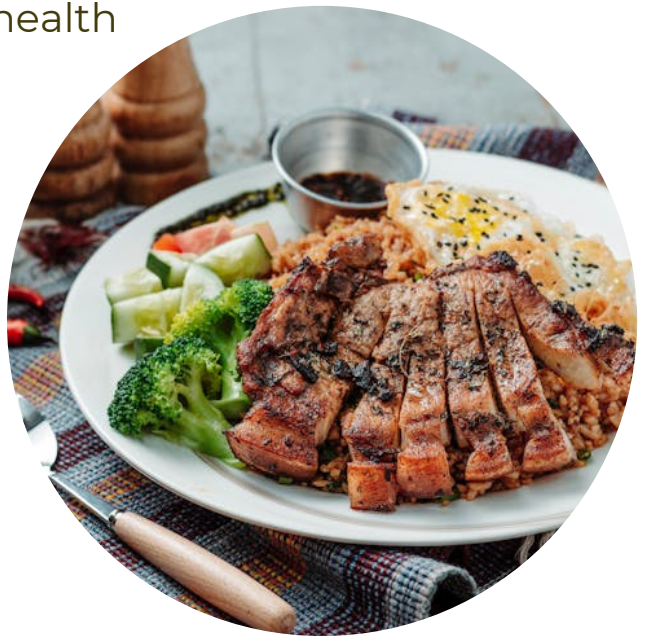
# 10 Healthy Habits

Recommendations and tips to improve health

01

## Include a variety of foods

Incorporating a diverse range of foods in moderate amounts keeps meals interesting, healthy, and enjoyable, which is important for sustaining a well-rounded diet.



02

## Control the portions

Consuming appropriate portion sizes is essential for managing calorie intake. Refer to the hand size portion guide (provided below) to help determine the right amount of each nutrient to have on your plate.

03

## Drink enough water

It is important to stay hydrated by drinking an adequate amount of water throughout the day. Dehydration can sometimes be mistaken for hunger. Avoid sugary beverages and choose water, tea, or unsweetened infusions instead.



04

## Limit consumption of processed foods

Processed foods often contain elevated levels of saturated fat, added sugars, and sodium. It is advisable to reduce your intake of such foods and choose fresh, unprocessed options whenever you can.



05

## Reduce the consumption of sugar and salt

Consuming too much sugar and salt in your diet can be detrimental to your health. It is important to limit the consumption of sugary foods and drinks, as well as processed foods that have high salt content.







PERSONAL

# 10 Healthy Habits

## 1. Include movement throughout the day

It's not just about the gym. Incorporating movement into your daily routine can significantly improve your health. This includes taking short walks, using stairs, and standing more often. Consistent movement helps boost metabolism and reduces the risk of chronic diseases.



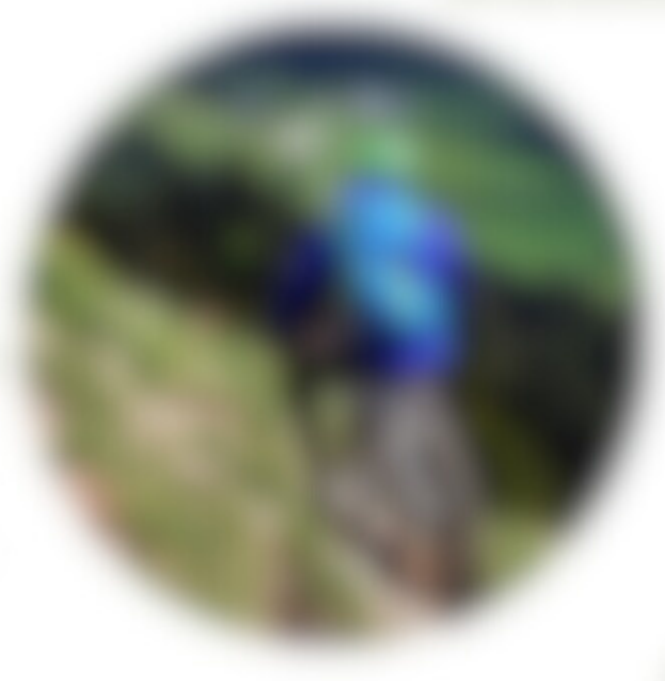
## 2. Get 7-9 hours of sleep per day

Sleep is essential for physical and mental health. Lack of sleep can lead to weight gain, weakened immunity, and increased stress. Establishing a consistent sleep schedule and creating a relaxing bedtime routine can help improve sleep quality.



## 3. Practice stress management

Chronic stress can have a detrimental effect on your health, leading to high blood pressure, heart disease, and depression. Finding healthy ways to manage stress, such as meditation, yoga, or spending time in nature, is crucial for overall well-being.



## 4. Eat a variety of fruits and vegetables

A diet rich in fruits and vegetables provides essential vitamins, minerals, and antioxidants. These nutrients help protect your cells from damage and reduce the risk of chronic diseases. Aim to include a variety of colors in your diet to ensure you're getting a wide range of nutrients.



## 5. Get your health checkups and screenings

Regular health checkups and screenings can help detect potential health issues early, when they are most treatable. This includes annual physicals, blood pressure checks, and cancer screenings. Staying on top of your health is a proactive way to maintain your well-being.





# 10 Healthy Habits

## Practice Daily

1. Drink water. 2. Eat fruits and vegetables. 3. Exercise. 4. Get enough sleep. 5. Manage stress. 6. Avoid smoking and alcohol. 7. Wash your hands. 8. Brush your teeth. 9. Eat a healthy diet. 10. Stay hydrated.



## Making it easy for you

1. Set reminders. 2. Use apps. 3. Find a partner. 4. Start small. 5. Be consistent. 6. Reward yourself. 7. Stay motivated. 8. Track progress. 9. Stay positive. 10. Stay focused.



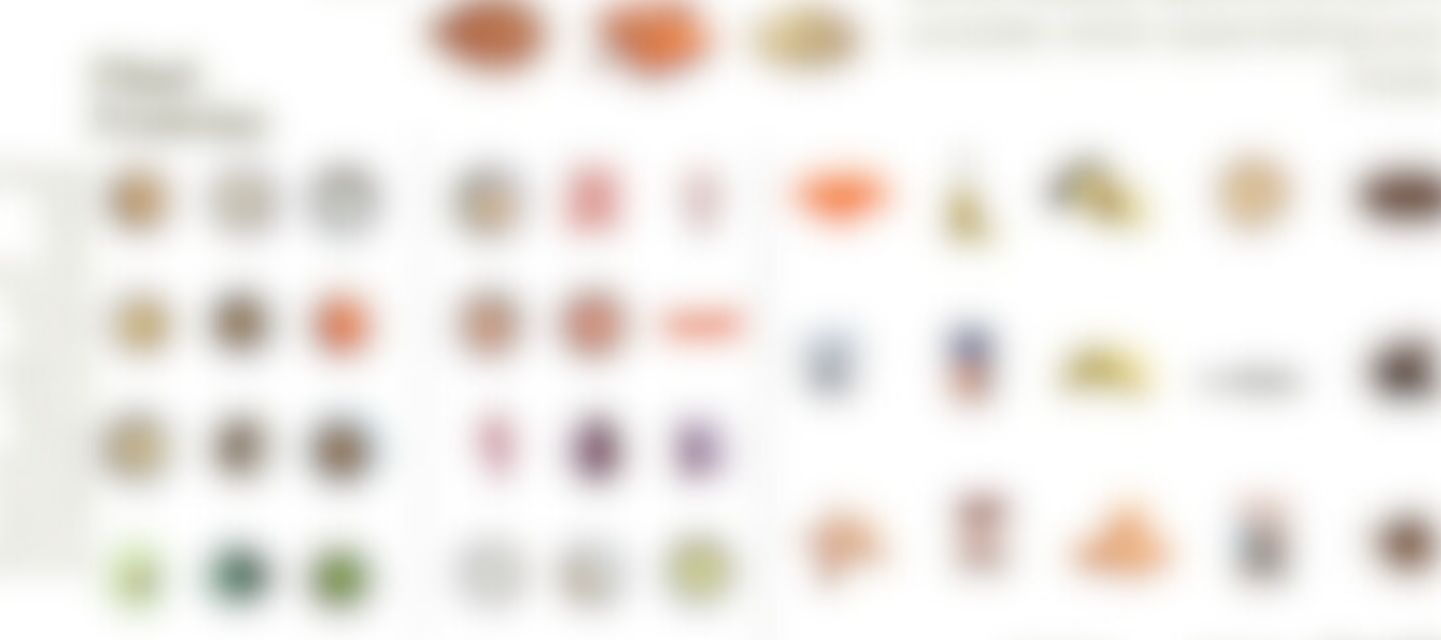
## How to make it work

1. Start with one habit. 2. Be consistent. 3. Track progress. 4. Stay motivated. 5. Stay focused. 6. Stay positive. 7. Stay hydrated. 8. Eat healthy. 9. Exercise. 10. Get enough sleep.



## Final Thoughts

1. Stay consistent. 2. Stay motivated. 3. Stay focused. 4. Stay positive. 5. Stay hydrated. 6. Eat healthy. 7. Exercise. 8. Get enough sleep. 9. Manage stress. 10. Avoid smoking and alcohol.



1. Stay consistent. 2. Stay motivated. 3. Stay focused. 4. Stay positive. 5. Stay hydrated. 6. Eat healthy. 7. Exercise. 8. Get enough sleep. 9. Manage stress. 10. Avoid smoking and alcohol.

