ROLE MODEL: IT'S WHAT YOU DO!*

Sing
Move (often)
Take a stretch break
Speak honestly
Ask for help
Bring a healthy lunch
Play
Smile
Dance
LAUGH
Volunteer
Serve
LISTEN
Take the stairs
EAT LESS, DOGGY-BAG MORE
Try a new fruit or veggie
Eat healthy snacks
Listen to music
HAVE FUN
DRINK TEA
Be polite
Walk to work
Get 6-8 hours of sleep
SHARE WITH FRIENDS
Quit smoking
Walk
Take sick leave when you're sick
EXHALE
Eat high fiber foods
Make eye contact
SIT.
RELAX
Stock up on vegetables and fruits
TAKE TIME TO READ
Be quiet
Eat breakfast

Work Well

*IDEAS BROUGHT TO YOU BY WORK WELL AND THE MDH CENTER FOR HEALTH PROMOTION STAFF.