

**Fact:** Breakfast is the most important meal of the day – if you eat right.



**Making "health" an important part of your routine helps keep health care costs down.**

- Eat a balanced, low-fat, high-fiber diet. Include plenty of fruits and vegetables.
- Exercise regularly and maintain a healthy weight.
- Keep stress to a minimum and get adequate sleep.
- If you drink alcohol, limit the amount.
- If you smoke, quit. You'll dramatically reduce the risk of many health problems for yourself and those with whom you live.
- Always wear a seat belt, and use protective gear, such as a helmet, when riding a bike or motorcycle.

Choose a  
**healthy** lifestyle.



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