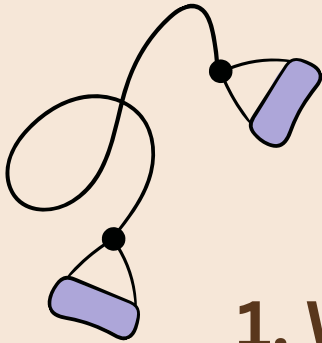
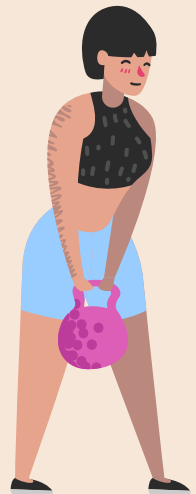




NATIONAL STAYING HEALTHY MONTH!



5 SIMPLE WAYS TO STAY HEALTHY



1. Water fights off heart attacks

Drinking enough water and staying hydrated can help reduce the chances of heart attack by 40% if you drink at least five glasses of water a day.

2. Reduce sitting & sleeping

Move more, sit less and get 7 to 8 hours of sleep.



3. Eat healthy foods

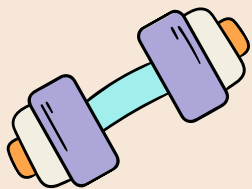
Add more colors to your plate, protein foods, and stay within your daily calorie needs.

4. Brush your teeth

Brush twice a day, floss your teeth, and attend dentist checkups regularly.

5. Learn your health history

Collect your family health history and share with your doctor at your next visit to help reduce any health risk.



**Tribal Health Department
Community Health Education Program
520-562-5100**

