

# Discover the Power of a Lifestyle Makeover™

## Ten Essential Habits for Living Healthier

Be Physically Active Each Day

Eat Nutritious Foods Each Day

Eat Breakfast Each Day

Drink Plenty of Water

Get Adequate Sleep

Set Goals for Lifestyle Modifications

Get Routine Exams and Screenings

Avoid Risky Behaviors

Examine Your Relationships

Live Life with a Purpose



[www.imaginelivinghealthier.com](http://www.imaginelivinghealthier.com)