

- ✓ Choose to exercise.
- ✓ Choose to eat right.
- ✓ Choose to plan a healthy life.
- ✓ Choose to avoid alcohol, drugs, and tobacco.



So many choices...

You are faced with choices everyday. What to eat? What to wear? Who to go out with? Where to go? Make sure you are making smart choices with your health. Take time today to learn about smart choices for a healthy life tomorrow.

*It's all about [^]me.
a healthy*

