









HEALTHY DAY CHECKLIST

- Spend 2 minutes brushing your teeth in the morning and before bed. 
- Whenever you're feeling stressed or anxious, take 5-10 long, deep breaths. 
- Drink at least 8 glasses of water today. 
- Try to limit sugary drinks like soda and eat one fruit or vegetable with every meal. 
- Get at least 60 minutes of physical activity today. 
- Reserve at least 9 hours for a great, full night of sleep. 

Together, Alliance for a Healthier Generation and Kohl's are encouraging families to create a healthier home life.

Learn More & Get Free Resources at [KohlsHealthyAtHome.org](https://www.KohlsHealthyAtHome.org)

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