

A Healthy Start to 2023!

Tips for a Healthy Start to the new year



- ★ Set realistic and achievable goals
- ★ Try to exercise 20-30 minutes 3x per week
- ★ Find a friend or family member to hike, bike, walk or play outside
- ★ Eat meals that are healthy, nutritious and include servings of fruits and vegetables
- ★ Limit your screen time to 1-2 hours per day
- ★ Get plenty of sleep
- ★ Drink lots of water

We love our Panthers, let's commit to make 2023 our healthiest year yet!