4 Behaviors for a HEALTHY LIFESTYLE

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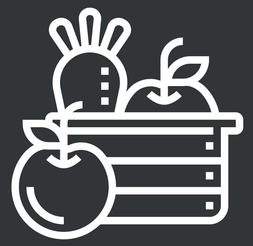
A STUDY SHOWS THAT FEW ADULTS MEET ESTABLISHED CRITERIA FOR A HEALTHY LIFESTYLE:

DO NOT SMOKE

MAINTAIN A HEALTHY WEIGHT



EAT 5 FRUITS AND VEGETABLES A DAY

EXERCISE 5 TIMES A WEEK

3% of study participants scored PERFECTLY on the 4 CRITERIA for HEALTHY LIVING.

3.8% met 3 criteria for HEALTHY LIVING.

34.2% met 2 criteria for HEALTHY LIVING.

Sources: Archives of Internal Medicine Study and WebMD