

NURSE EWING'S STAY HEALTHY TIPS!

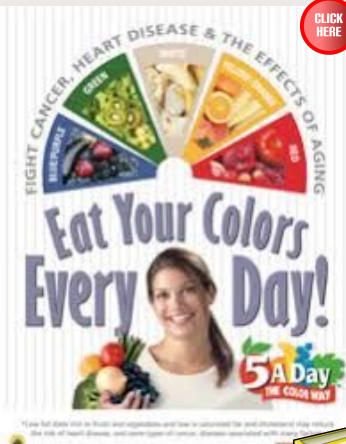
WASH YOUR HANDS



1 WATER AND SOAP
2 PALM TO PALM
3 BETWEEN FINGERS
4 FOCUS ON THUMBS
5 BACK OF HANDS
6 FOCUS ON WHISTS

CLICK HERE

FIGHT CANCER, HEART DISEASE & THE EFFECTS OF AGING

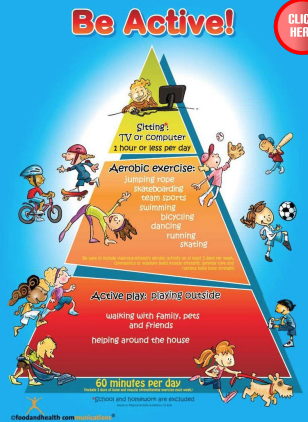


Eat Your Colors Every Day!

5 A Day THE COLOR WAY!

CLICK HERE

Be Active!



Staring: TV or computer 2 hours or less per day

Aerobic exercise: jumping rope, basketball, team sports, swimming, bicycling, dancing, running, skating

Active play: playing outside walking with family, pets and friends, helping around the house

60 minutes per day

CLICK HERE

Kids aged 6–12 need 9 to 12 hours of sleep per night.



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