

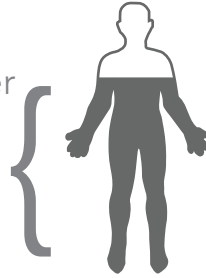
Healthy and Happy

Drink **8** or more cups of water.

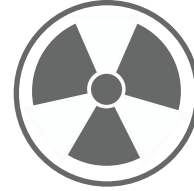
Water reduces dry skin and wrinkles.



Water refills water loss. Your body is 60% water.



Water cleans toxins from your body.



1 cup is about the size of your hand.



Sleep **8** hours a night.

Sleep improves complexion.



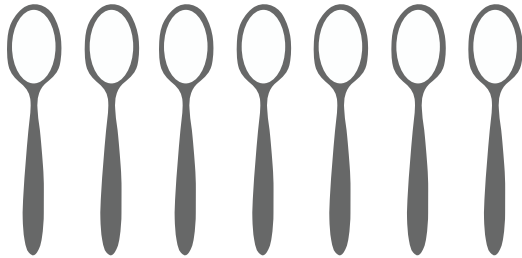
Sleep improves memory and thinking.



Sleep improves mood and increases energy.



Eat less sugar and salt.



7 teaspoons of Sugar



1 teaspoon of Salt

Eating less sugar and salt reduces the risk of diabetes, high blood pressure, and heart disease.



Exercise for **8** minutes for 4 times a day.

Exercise improves complexion.



Exercise improves mood and increases energy.



Exercise reduces the risk of diabetes, high blood pressure, and heart disease.



Spend **8** minutes for 4 times a day in silence and gratitude.

Spending time in silence gives your mind a break.

Your mind, like your body also needs rest. It also reduces stress and anxiety.

Taking time to reflect on what you are grateful for helps you to stay positive and happy.