



Prescription for Health

- 1 Don't Smoke
- 2 Be Physically Active
- 3 Choose Low Fat Foods
- 4 Eat Fruits and Vegetables
- 5 Wear Your Seatbelt
- 6 Don't Drink and Drive
- 7 Drink 6-8 Glasses of Water
- 8 Get Adequate Rest
- 9 Smile, Share a Laugh
- 10 Count Your Blessings

WORKING **SPARROW**
WONDERSSM