

Staying healthy

6 MEASURES



SCAN ME

To learn more

- 01 MOVE- Physical activity
- 02 RECHARGE- sleep
- 03 CHILL-Stress resilience
- 04 NOURISH- food and nutrition
- 05 CAUTION- Avoidance of risky Substances
- 06 SOCIAL- healthy relationships/connections



SOURCE: ACLM & BIG PICTURE LIVING
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