



# 4 Daily Habits for Lifelong Health

## Water

HOW MUCH: ~70 oz.

- Helps regulate, heal, and cleanse the body



## Sleep

HOW MUCH: ~7-8 hrs.

- Allows the brain to clean out potential Alzheimer causing junk
- Secures new information to long-term memory
- Allows the body to repair and develop



## Movement

HOW MUCH: 2 mins.

- Focus on a long slow exhalation to calm your body's stress response
- Stretch your tight spots, if in doubt focus on the hips and back



## Daily Doses

