

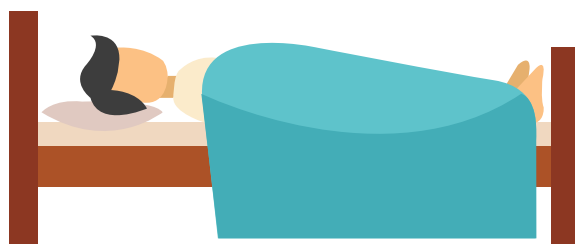
LOOKING AFTER ME



Use every chance to **move**,
at least **30 min**



Drink **water**,
limit alcohol &
sugary drinks



8 hours of sleep



Te Awakairangi Health
NETWORK