



HOW TO BE HEALTHY

FOR BUSY MOMS

ACTIONABLE HEALTHY LIVING TIPS

SAVOR THE COLORS OF THE RAINBOW

prepare meals with lots of fresh fruits and vegetables

RELISH THE FRESH AIR

do your favorite activities outside

DRINK LIKE A FISH

track your daily water intake

EXCITE YOUR HAPPY HORMONES

share fun and laughter as a family

SLEEP LIKE A BEAR

improve sleeping time and quality

SHAKE YOUR SILLIES OUT

get up and move

DON'T BE A NECTARIVORE

choose healthy snacks over sugar-rich foods

BE A LOVE BIRD

make time for family and friends

AVOID MAN-MADE FOODS

enjoy more unprocessed foods

EMBRACE THE LAZY SLOTH ATTITUDE

take time out for reflection and self-care

TAKE A LIONESSE STANCE

be bold. be brave. be you.

HEALTHYFAMILYANDME