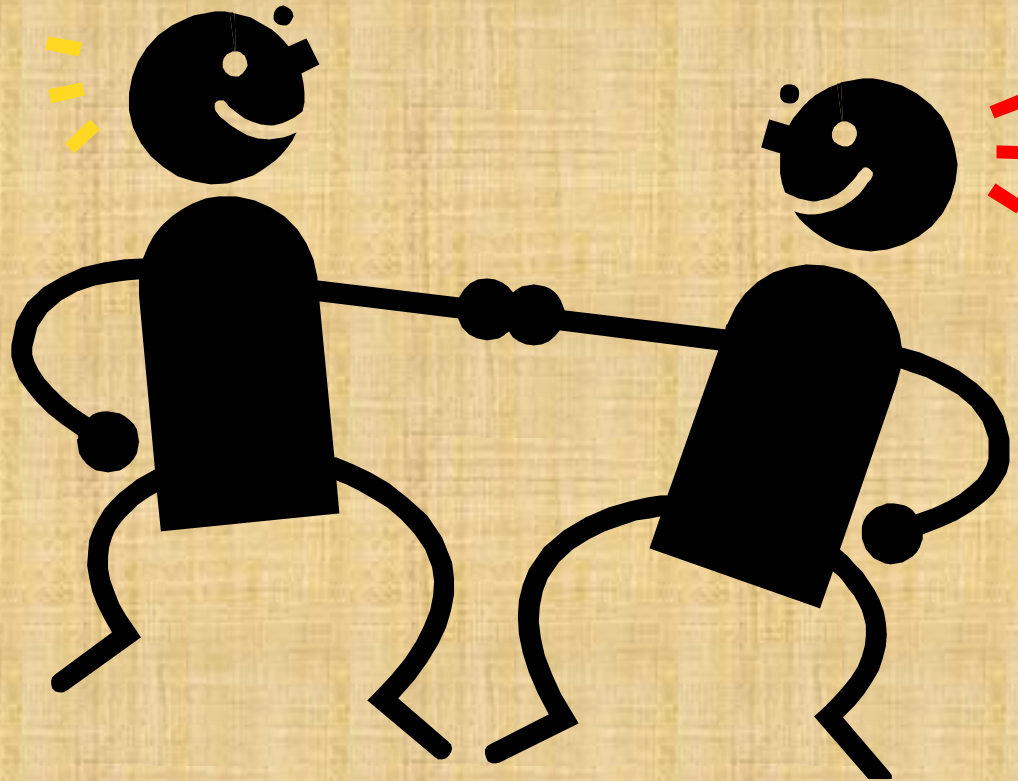



Welcome to Your Student Wellness Center!



8-7-5-2-1-0

Numbers that
promote healthy
living! 

8

Eight to nine hours of sleep per night



7

Eat breakfast seven days a week



Alamy

5

Eat five or more servings of produce
every day



2

Hours or less of screen time per day



1

Hour or more of physical activity per day



0 – Sugar sweetened beverages,
(alcohol, drugs, tobacco)

