

# EVERY DAY COUNTS!

## Tips for a healthy lifestyle

### EAT HEALTHY

5 portions of fruit and vegetables with all traffic light colors, whole grain products, high-quality oils such as olive and linseed oil, fish 1-2 times per week, little sugar, finished products and meat

### SLEEP ENOUGH

At least 7-8 hours

### DRINK ENOUGH

At least 2 liters per day

### DO SOMETHING GOOD FOR YOURSELF

Treat yourself to a massage, a warm tub or a sauna once a week

### MANAGE STRESS

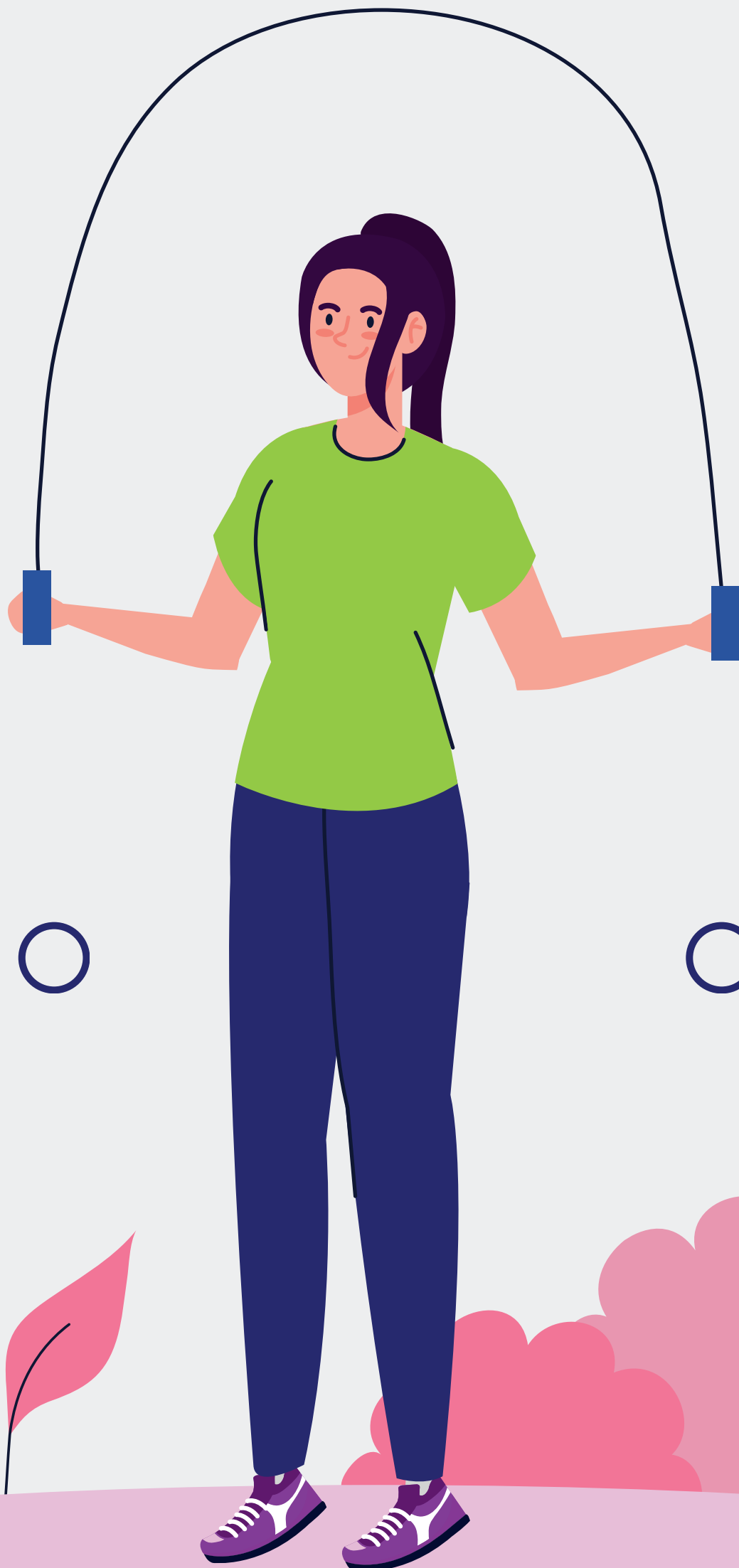
Uncovering and changing stressful situations in everyday life. Learning relaxation techniques such as autogenic training, mindfulness or progressive muscle relaxation.

### EXERCISE REGULARLY

At least 30 minutes of moderate exercise a day, such as walking. Twice a week, 30 minutes of endurance exercise such as walking, swimming, skating, cycling

### PAY ATTENTION TO HYGIENE

Wash your hands after using the toilet, before eating, and before touching your face. Only eat clean foods and keep your distance if you have symptoms of illness.



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