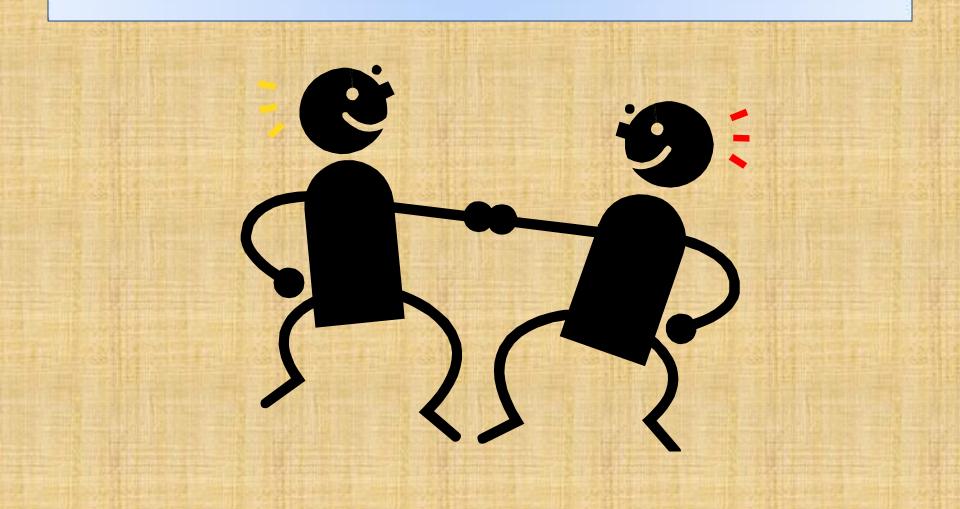
Welcome to Your Student Wellness Center!



8-7-5-2-1-0

Numbers that promote healthy living!

Eight to nine hours of sleep per night

8



Eat breakfast seven days a week



5

Eat five or more servings of produce every day



2

Hours or less of screen time per day



Hour or more of physical activity per day



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

