


# 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)

