

# Mission Health and Hospitals Daily Prescription for Health

1. Don't use tobacco in any form
2. Make time for physical activity
3. Choose low fat foods
4. Eat 5 servings of fruits and vegetables
5. Always wear your seat belt
6. Never drink and drive
7. Drink 6-8 glasses of water
8. Give your body time to rest
9. Smile, share a laugh
10. Nurture your spirituality through means such as meditation, prayer and a spirit of gratitude.

