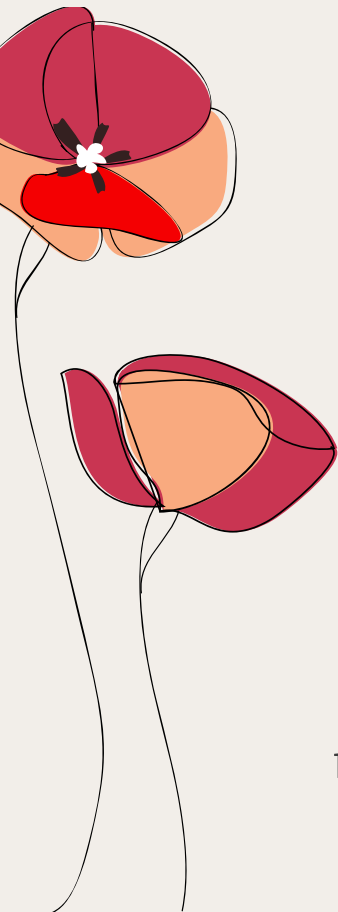


10 Steps to Keeping & Staying Healthy

BY SARAH CAIN

LIVING WELL WITH SARAH CAIN



1. Stay hydrated Drink at least a half-gallon of water daily
2. Exercise, this boost immune system, increases serotonin, heart health and stability! Not to mention it burns fat.
3. Get the proper nutrition daily. To boost your immune system take Vitamin C, D, K, Folate, Iron, Zinc
4. Eat small meals often! Consume low fat meals that are balanced. Eating clean is a form of self-respect.
5. Get at least 8 hours of sleep daily
6. Stay away from Soda's and sugary drinks as much as you can
7. Reduce your stress at all cost! Use yoga and mediate to lower your resting heartrate.
8. Focus on the positive and be grateful.
9. Stay around positive people, eliminate negative influences!
10. Spiritual food is a daily necessity.



Living Well
with Sarah Cain