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| nothing spells health like H₂O | Spread a healthy living message to everyone you know | <i>dance</i> to your health's delight | PROTECT THE SKIN YOU'RE IN | Quitting saves more than one life | ~~~~~ <i>you never lose when you snooze</i> ~~~~~ | eat more to gain less | Improve your health one step at a time |
| BE SURE TO EAT THE WHOLE (GRAIN) THING | Pass me MyPlate, please! | wash rinse repeat now, let's eat! | <i>Flu prevention isn't seasonal</i> | Let gardening grow on you | fruits + veggies the original fast food | TUNE OUT TO TUNE IN | how many calories do you think you drink? |
| work on your balancing act | let music be your personal trainer | <div data-bbox="524 524 1295 1092"> <h1>52 HEALTHY HINTS</h1> <p>Get inspired to make healthy choices each week of the year</p> <p>UCI HR Wellness hr.uci.edu/wellness Empower People Success</p> </div> | | | | warm up to getting in shape | PLAN FOR WEIGHT-LOSS SUCCESS |
| <i>lead</i> by example | A muscle is a terrible thing to waste | | | | | <i>Take risks with your recipes not your health</i> | Are you making time for good health? |
| Don't make excuses. Get moving! | 1 checkup a year can mean a lifetime | | | | | eating out doesn't have to be a b·u·s·t | take your time to <i>de-stress</i> |
| KEEP YOUR HEART BEATING STRONG | easy doesn't have to be greasy | | | | | Sweating with friends is more fun | get active ----- stay young |
| <i>Beware fitness myths!</i> | fruit: nature's candy | | | | | Variety is the <i>spice</i> of life | ~~~~~ <i>Don't overdo your barbecue</i> ~~~~~ |
| You don't need a whole paycheck for a wholesome meal | does your BMI add up? | BURN, BABY, BURN! | Fight breast cancer before it starts | ~~~~~ Take the (high blood) pressure off | use your plate as a <i>canvas</i> | SHAKE THE SALT HABIT | |
| | | | SHED YOUR RISK FOR DIABETES | PUT YOUR  INTO IT | COMBAT CHOLESTEROL | help your kids do as you do | <i>See your way to a brighter future</i> |
| | | | | planning for B A B Y | <i>celebrate</i> in moderation | Not smoking is an essential part of a heart-healthy lifestyle | ... to ER or not to ER ... |