

# 10 health resolutions for the coming year



Because my health is all that matters!

- 01 Spend less time in front of screens
- 02 Consult health care professionals
- 03 Treat myself occasionally
- 04 Take time for myself
- 05 Eat a balanced and varied diet
- 06 Drink more water
- 07 Drink less alcohol
- 08 Improve my sleep habits
- 09 Quit smoking or vaping
- 10 Use the stairs

Consult one of Brunet's affiliated pharmacist-owners to take your resolutions one step further!

