



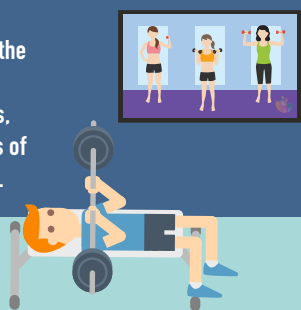
## SLEEP WELL

A full 7-8 hours of sleep can improve mood and alertness as well as lower your risk for obesity, high blood pressure, diabetes and heart disease.



## MOVE MORE

Physical activity increases blood flow to the brain, stimulates brain cell connections, strengthens abdominal and back muscles, improves mood and can enhance benefits of antidepressant drugs and psychotherapy.



## REPLACE STARCHES

Starches (such as bread, pasta, rice and potatoes) stress the beta cells that control your sugar levels. Eating vegetables promotes weight loss and reduces your risk for diabetes.



## STOP SMOKING

Kicking the habit not only lowers your risk of cancer and respiratory problems, it can help you avoid premature aging of the spine.



# 4 SIMPLE WAYS TO GET YOUR HOUSE ~~wealth~~ IN ORDER

This new year, resolve to improve your health. Whether you're ready for massive change or incremental improvements, here are some steps — suggested by EVMS Medical Group physicians — to guide you on your journey.