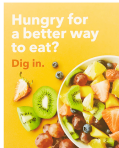


Stressed?
Here's your powerful plan for a calmer you.

Hungry for a better way to eat?
Dig in.



WISDOM PARTNERSHIP: thrive

Relax.
You've got this.

Get the most out of your day by taking a few minutes to relax. Relaxing can help you think more clearly, make better decisions, and improve your overall health. Here are some tips to help you relax.

Start your day with these tips:

1. Wake up early and get some fresh air.
2. Drink water first thing in the morning.
3. Take a short walk or do some light stretching.

Nourish.
Fuel your best.

Healthy eating is essential for your overall health. Here are some tips to help you eat healthier.

Get your daily dose of:

1. Fiber: Helps with digestion and keeps you full longer.
2. Protein: Helps with muscle growth and keeps you full longer.
3. Healthy fats: Helps with heart health and keeps you full longer.

WISDOM PARTNERSHIP: thrive

It's all about you.

How can the Thrive program help you? The Thrive program is designed to help you live a healthier, happier life. Here are some ways it can help you.

Curious?
Learn more at [thrive.wisdom.com](#)

1. Sign up for the Thrive program.
2. Complete your profile and get started.
3. Start your journey to a healthier, happier life.

WISDOM PARTNERSHIP: thrive

It's made for you.

The Thrive program is designed to help you live a healthier, happier life. Here are some ways it can help you.

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WISDOM PARTNERSHIP: thrive



Health Hint

Research shows that people who eat a diet rich in fruits and vegetables are more likely to live longer and have a lower risk of chronic diseases. Here are some tips to help you eat healthier.



Smaller servings, bigger nutrition

Bring your portions down and you'll be eating healthier. Choose your portions of everything at your meals to help you eat right.

- **Watch for 1/2 portions.** Use a 1/2 cup or 1/2 inch ruler to help you measure a half a cup or half an inch.
- **Use smaller plates.** When eating, use a smaller plate. This will help you eat less.
- **Use smaller glasses.** When drinking, use a smaller glass. This will help you drink less.

Visit [thrive.wisdom.com](#) for more health and fitness resources.

WISDOM PARTNERSHIP: thrive

Health Hint

Research shows that people who exercise regularly are more likely to live longer and have a lower risk of chronic diseases. Here are some tips to help you exercise more.



Forward motion!

Bring your steps up and you'll be moving more. Here are some tips to help you move more.

- **Take the stairs.** Use the stairs instead of the elevator.
- **Walk or bike to work.** Use walking or biking as a mode of transportation.
- **Use a pedometer.** Use a pedometer to track your steps.

Visit [thrive.wisdom.com](#) for more health and fitness resources.

WISDOM PARTNERSHIP: thrive

Health Hint

Research shows that people who get enough sleep are more likely to live longer and have a lower risk of chronic diseases. Here are some tips to help you get more sleep.



Boost your bedtime

Research shows that people who get enough sleep are more likely to live longer and have a lower risk of chronic diseases. Here are some tips to help you get more sleep.

- **Establish a bedtime routine.** Do the same things every night before bed.
- **Use a white noise machine.** Use a white noise machine to help you fall asleep.
- **Use a weighted blanket.** Use a weighted blanket to help you feel more comfortable.

Visit [thrive.wisdom.com](#) for more health and fitness resources.

WISDOM PARTNERSHIP: thrive

Health Hint

Research shows that people who take a break from work are more likely to live longer and have a lower risk of chronic diseases. Here are some tips to help you take a break.



Take a break

Research shows that people who take a break from work are more likely to live longer and have a lower risk of chronic diseases. Here are some tips to help you take a break.

- **Take a walk.** Take a walk during your break.
- **Stretch.** Stretch your muscles during your break.
- **Use a timer.** Use a timer to remind you to take a break.

Visit [thrive.wisdom.com](#) for more health and fitness resources.

WISDOM PARTNERSHIP: thrive