

HEALTH

TAKE 3 SIMPLE STEPS

- 1** EAT A VARIETY OF FRUIT AND VEG
- 2** DRINK MORE WATER
- 3** STAY CONNECTED TO THE PEOPLE AROUND YOU

HEALTHY CHOICES FOR A HEALTHIER YOU

The infographic features a background of fresh produce including lemons, tomatoes, basil, and watermelon slices. The text is overlaid on this background, with the number '3' in the title and step headers highlighted in green and blue circles.

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take simple
3 steps...

- 1 eat a variety of fruit & veg
- 2 drink more water
- 3 stay connected to the people around you

healthy choices for a healthy you!

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