



PURE
medicine

Three Tips for Better Health

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1

Take 20

Get
Your
Body
Moving

20

Minutes a Day

It doesn't sound like much but making your body move for 20 minutes everyday will make a huge difference in your health.

Walk around the house. Walk around the neighborhood. Walk around the mall. Just WALK!

2

Renew Your View

V + S = H

View + Smile = Mental Health

Did you know that looking at something that makes you smile can help lead to better mental health?

Start looking around! Notice something new and find your smile.

3

One New Green Chew

Going Green

Has A Whole New Meaning!

It's true...green is the new in!

Adding one leafy green vegetable to just one of your meals can have a positive impact on how you look and feel.



Conclusion

Ultimately, **health and wellness** is up to you. You can make a significant change in your life by making simple changes in your lifestyle. Start small but start now.

The medical team at Pure Medicine provides comprehensive services for preventive medicine, acute illnesses and chronic disease.

- 1. Take 20**
- 2. Renew Your View**
- 3. One New Green Chew**