

6 TIPS FOR MAINTAINING GOOD HEALTH FOR STAFF

- Stay Hydrated
- Get Enough Sleep
- Eat Nutritious Food



- Reduce Sitting and Screen Time
- Maintain Clean Spaces
- Have Enough Sleep



Don't skip meals and try to have a nutrient-rich diet. Eat various types of foods! Our body needs lots of different nutrients for good health, and there is no single source for them.

