

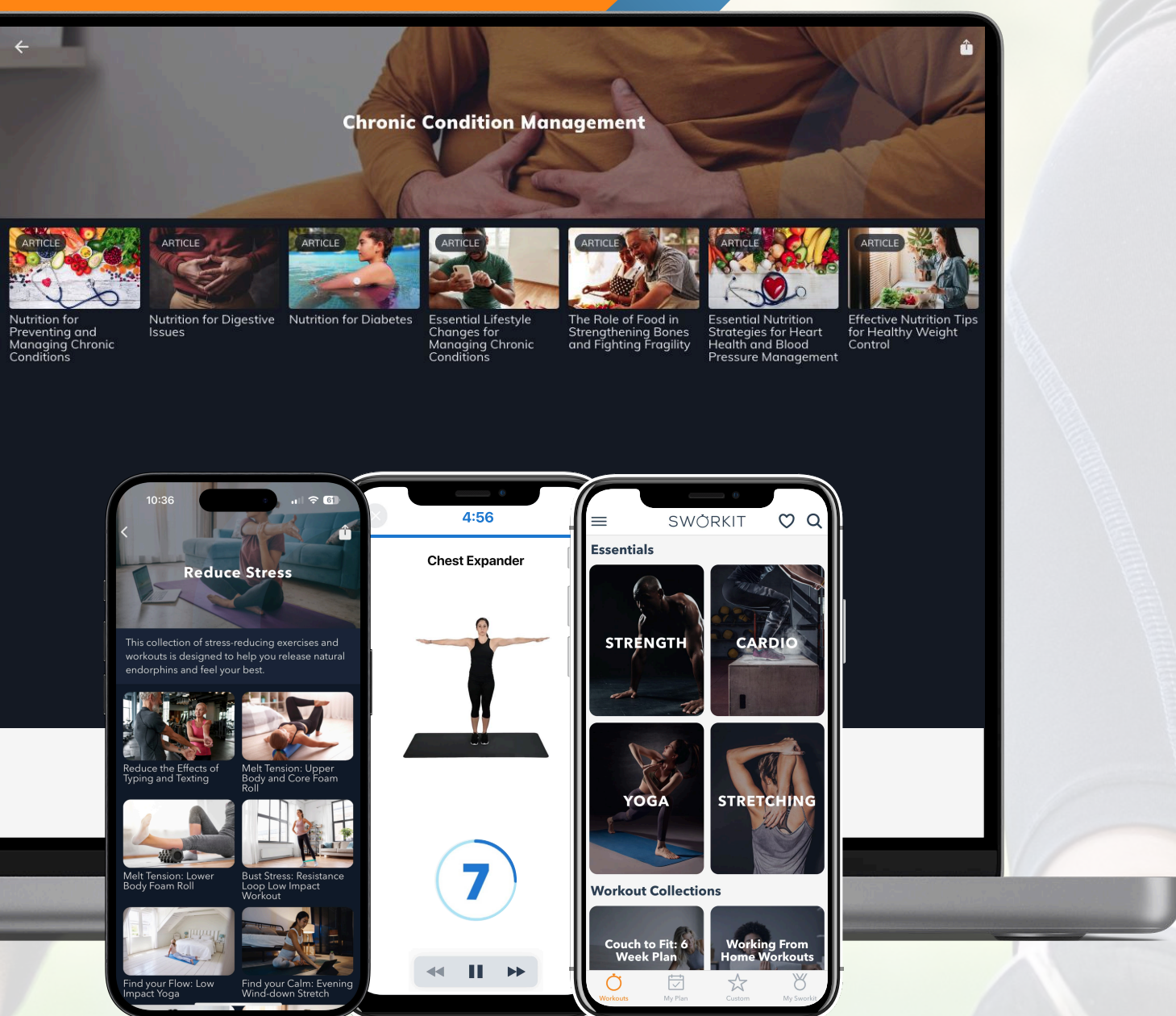
## From Prevention to Management: Health Made Simple

Take charge of your health with Sworkit Health. Prevent or manage conditions through good nutrition, regular activity, and stress control—your path to lasting wellness.



### How We Support You

Sworkit Health offers expert nutrition collections, personalized workouts tailored to your goals, and mindfulness practices to reduce stress—helping you prevent illness, boost overall health, and build lifelong wellness habits.



## 5 Keys to Better Health & Chronic Condition Control

- ✓ **Eat Smart** - Choose fruits, veggies, whole grains, lean proteins, and omega-3s; limit sugar, salt, and processed foods.
- ✓ **Hydrate** - Drink water regularly for energy and digestion. Aim for half your body weight in ounces of water, or roughly 2.5 liters daily.
- ✓ **Keep Moving** - Get 30 minutes of daily activity for heart, blood sugar, and overall health.
- ✓ **Sleep Well** - Aim for 7-9 hours each night to recharge and recover.
- ✓ **Manage Stress** - Use mindfulness or guided meditations to protect your health.



<https://www.cdc.gov/nccdphp/index.html>