



TIME FOR CHANGE

What's out...

1. Stop making excuses.

Make your health a priority.

2. Don't let the package fool you.

Read and understand food labels.

3. Ditch the sugary drinks.

When choosing a beverage, choose water.

4. Go meatless.

Opt for more plant-based meals.

5. Don't give up on grains.

Sprouting grains gives them superpowers.



 **CORPORATE WELLNESS**
M E M B E R S H I P

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