Balanced diet with fruits, vegetables, grains, protein and dairy

Stay hydrated with plenty of water and avoid beverages high in caffeine and sugar

Maintain a healthy weight by staying active

150 minutes of moderate aerobic activity and two or more days of muscle strengthening per week

Get at least 7 hours of sleep daily; 7-9 hours is recommended for optimum performance

Keep a regular sleep schedule; consistency is important for staying well-rested