**GOOD NUTRITION:**
- Balanced diet with fruits, vegetables, grains, protein and dairy
- Stay hydrated with plenty of water and avoid beverages high in caffeine and sugar

**EXERCISE:**
- Maintain a healthy weight by staying active
- 150 minutes of moderate aerobic activity and two or more days of muscle strengthening per week

**SUFFICIENT REST:**
- 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