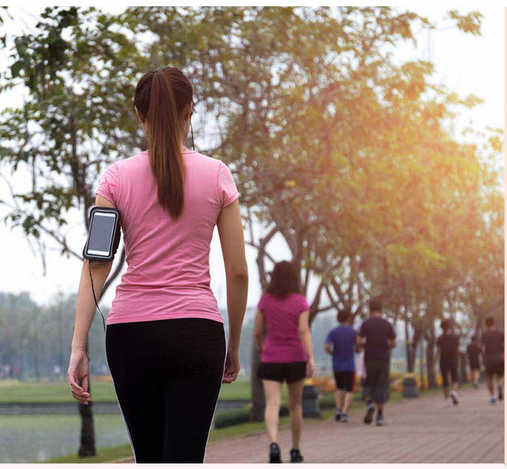
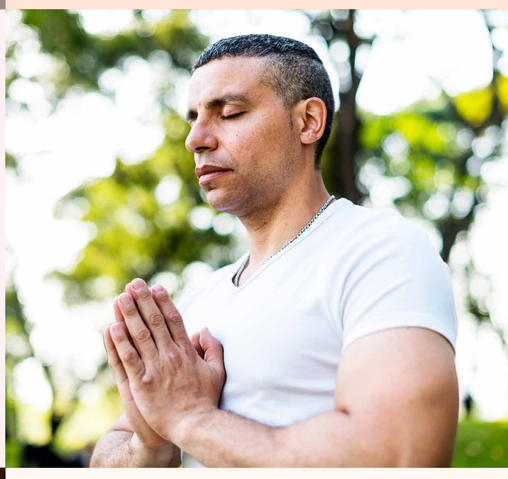
4 Ways to Work on Your Mental and Physical Health in 2023

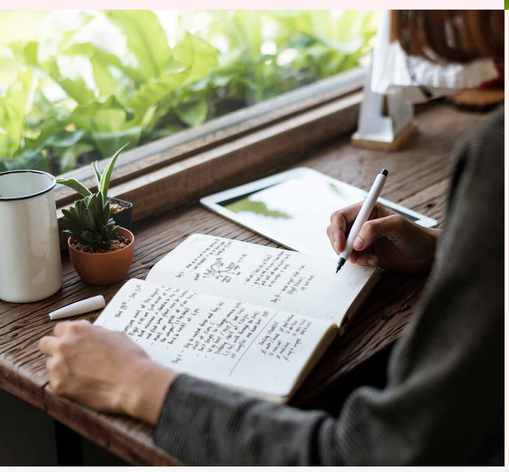
Take charge of your overall well-being



Find a new activity.
Stay active with gardening, cooking, taking walks after meals or crafts.

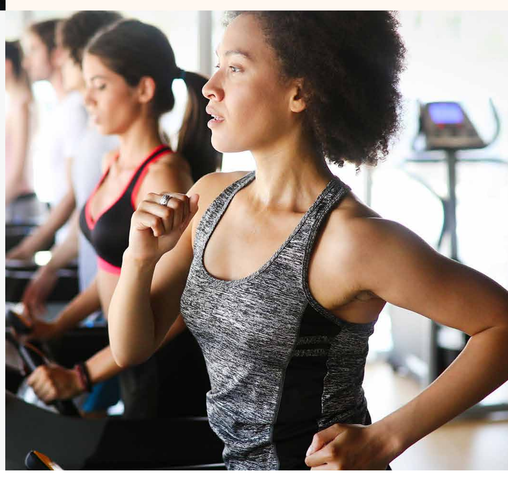
Protect your personal time
Set aside time, even if it's five minutes, to relax, meditate and think.





Prioritize yourself.
Stretch in the morning, journal or schedule a health check-up.

Set realistic fitness goals.
Move for least 30 minutes a day to maintain a healthy body and mind.



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