

5 Ways
to
Fortify
your
Immune
System



Weight Loss & Diet

What's Your "Why"?

This simple technique will help
you stay find and keep your
motivation throughout your
weight-loss journey.

COMMONHEALTH CONNECTIONS

Healthy habits

DO YOUR BEST TO STAY WELL BY
TAKING CARE OF YOURSELF
FIRST AND FOREMOST



www.commonhealth.virginia.gov

Walking: Key to Staying
Active and Independent

