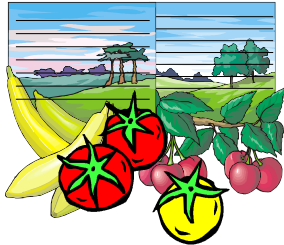


# The Formula for Good Health



**0**

**Cigarettes**



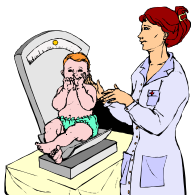
**5**

**Servings of fruits  
& vegetables per day**



**10**

**Minutes of silence, relaxation,  
or meditation per day**



**30**

**Body Mass Index < 30 kg/ m<sup>2</sup>**



**150**

**Minutes of exercise per week  
(e.g., brisk walking or equivalent)**

