5 Foundational Wellness Factors

**PROPER SLEEP**
Get 6 to 8 hours of sleep each night

**PROPER HYDRATION**
Drink at least half of my body weight in ounces of water each day

**EXERCISE**
Engage in physical exercise 30 minutes at least 5 times per week or 10,000 steps per day

**TIME WITH LOVED ONES**
Increase quality-time with my family, friends or pets each week

**MEDITATION**
Spend at least 5 minutes each day meditating or in mindful self-reflection

For more ways to engage your personal wellness visit our website www.fullerton.edu/veteranservices/programs/wellness.php