

# AFFORDABLE HEALTHCARE.



**EAT** five fruits and veggies a day.....**NOT THAT EXPENSIVE**

**EXERCISE** at least three times a week..... **COSTS NOTHING**  
(with have-shoes-and-a-place-to-walk discount)

**TOTAL EFFECT:** trimmer figure, lowered risk of cancer  
and heart disease, increased energy, decrease in stress.

**TODAY YOU SAVED** ..... **YOUR LIFE**



Wyoming  
Department  
of Health

Commit to your health.