

# 5 MAIN BRANCHES

## OF HEALTH & WELL-BEING



**NUTRITION**



**MOVEMENT**



**INNER WELL-BEING**



**SLEEP**



**COMMUNITY**

# WHY IS THIS EVEN MORE IMPORTANT RIGHT NOW?

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1



2



3



VEGETABLES

WHOLE GRAINS

FRUIT

LEGUMES

NUTS

SEEDS

## **NUTRITION**

Make plants the stars of your plate!