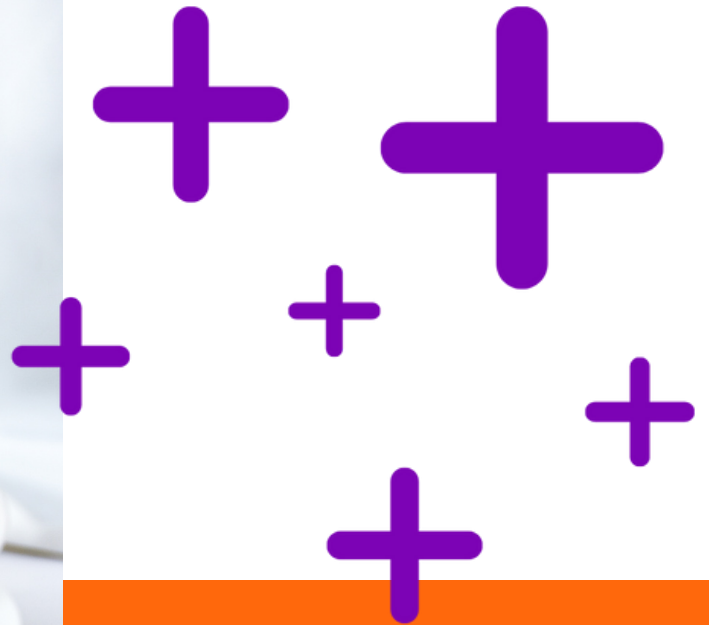




5 Daily Habits

To jumpstart your journey to wellness



The human body deserves to be nurtured, and well taken care of. Every day, your body works for you.

At RISE Direct Primary Care, your health matters. With a few simple health care tips, you can be on the road to a quality of life that allows you to feel great again.

This product is intended to provide basic health care information. It is NOT intended to diagnose, treat, cure, or prevent any disease. The following information is NOT intended to replace your medical providers or services

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5 Daily Habits

To jumpstart your journey to wellness

01
STEP

Hydrate

Drinking water is a requirement for survival. Hydration is necessary for feeling great.

What will you experience when you start your day with a glass of water?

- Increased energy levels
- Improves brain function
- Enhances memory
- Reduces frequency of headaches
- Aids in digestion

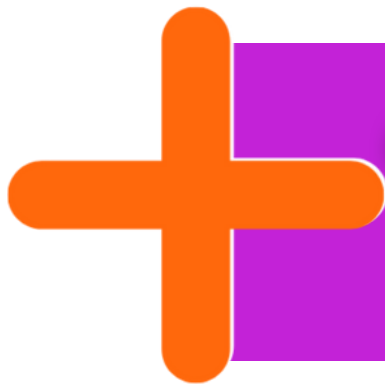


Start your day
with a glass of
water

STEP 2

Increase Exercise

It is too easy to skip this step. Let's face it, you are busy. This step is often an oversight. Daily exercise is essential for a healthy lifestyle. The overall benefits are well worth it.



Go for a 30-minute walk today

- Reduces chronic pain
- Improves muscular strength
- Stabilizes mood & boosts energy
- Supports healthy digestion
- Promotes better sleep patterns



Eat Well

03 STEP



Did you know that foods that are processed, fried or high in unhealthy fats will drain you and leave you feeling tired and sluggish throughout the day?

Adding fresh and whole foods to your eating plan will allow your body to perform at its best.

- Natural source of vitamins and minerals
- Aids in weight loss
- Boosts immune system
- Lowers risk of heart disease and diabetes
- Stabilizes blood sugars

**Replace your
afternoon snack with
a piece of fruit**



STEP 4

Watch Your Attitude

“Our favorite attitude should be gratitude.” - Zig Ziglar-

Life is hard. There are plenty of reasons to be negative and complain. Did you know your bad attitude may be causing symptoms like anger, irritability, depression and anxiety? Not only does your attitude affect you, but everyone around you.

When you choose joy, peace and happiness you have the tools to combat the worlds overwhelm. Giving thanks allows you to be mindful and positive.

Dedicate a few minutes of each day to find reasons you are grateful. You WIN when you make an active choice to have a good attitude.

- Increases productivity
- Improves relationships
- Decreases stress
- Develops self-confidence
- Lowers blood pressure



Start A
Gratitude
Journal

05 STEP

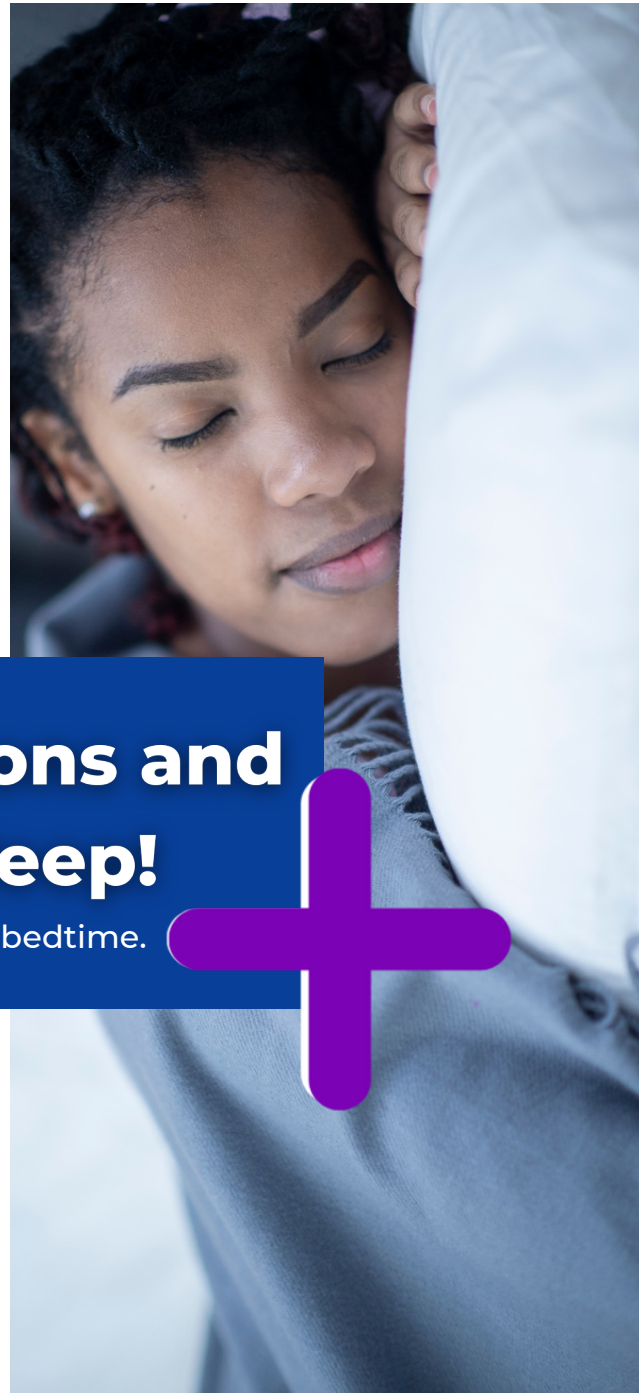
The Power of Sleep

Sleep is not a luxury; it is a necessity. The hours you lose sleeping may result in greater health concerns than what you may realize.

According to sleepassociation.org, up to 40% of adults report being sleep deprived or deficient to some degree. Poor sleep results in symptoms that affect your daily life.

Some symptoms include fatigue, mood swings and even weight gain. Not sleeping can affect your response times and your ability to think on your feet.

While there are ways you can improve your sleep by being self-disciplined, it is true that some sleep disorders may need medical attention. Consult your physician if you are unable to fall asleep and stay asleep.



**Minimize distractions and
improve your sleep!**

Turn off your devices 1-2 hour before bedtime.

- Improves memory
- Reduces Inflammation
- Curates' creativity
- Increase attention span
- Reduced stress

Leading You to Better

HEALTH

01

Hydrate

Drinking water is a requirement for survival.

02

Increase Exercise

Daily exercise is essential for a healthy lifestyle.

03

Eat Well

Fresh foods allow your body to perform better.

04

Watch Your Attitude

Make an active choice to have a good attitude.

05

The Power of Sleep

Sleep is not a luxury; it is a necessity.

Add a little bit of body text

I will restore health to you and restore you of your wounds says the lord - Jeremiah 30:17

NOW ACCEPTING New Patients

*RISE Direct Primary Care provides affordable and personalized healthcare that allows patients to feel understood, acknowledged and appreciated: guiding patients of all ages to feel empowered to achieve their greatest potential.

+ ADULTS - \$75/MONTH

Ages 19 and up

+ CHILDREN - \$45/MONTH

Ages birth - 18

+ EMPLOYEES- \$60/MONTH

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MEMBER TODAY**



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