

## 7 STEP GWD MANIFEST

In order to make Wellness a lifestyle, Global Wellness Day aims to adopt the following seven simple steps. Even if one can't implement all of the steps all at once, what is important is to incorporate at least just few of them into your daily life on a regular basis.

**1**

Walk for an hour

**2**

Drink more  
water

**3**

Don't use  
plastic bottles

**4**

Eat healthy food

**5**

Do a good deed

**6**

Have a  
family dinner  
with your loved ones

**7**

Sleep at 10 pm