

# These 5 Simple Changes Will Improve Your Life

Making these small changes will increase your health and boost your happiness.

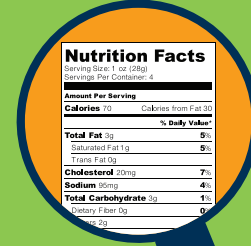
## BETTER LIFE NOW - EXIT 5



Set your alarm half an hour earlier.



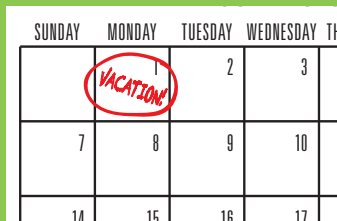
Keep a bottle of water on your desk.



Read the ingredients on all of the food you buy.



Make your bed every morning.



Always have something to look forward to.