

LNESS ALL-STARS

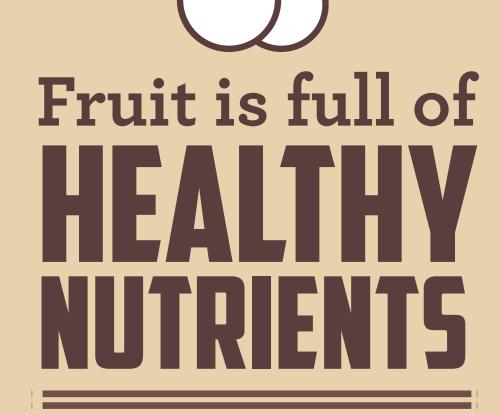


Practice these healthy study habits to help **IMPROVE FOCUS & SUCCESS IN SCHOOL:**



Get at least 9 to 11 hours of sleep.





The whole fruit contains potassium, fiber, folate, and much more!

> The skin holds fiber which is important for gut health.



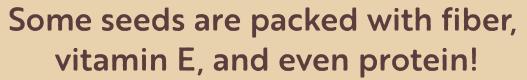
Drink at least 6 cups of water per day.



Snack smart with power snacks for energy and brainpower.



Refocus with a brain break: Take a walk, do jumping jacks, or practice yoga.



The flesh or the inside of fruit provides high levels of potassium.





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