

Welcome to “Health Bytes”!



- ✓ Philadelphia Coordinated Health Care’s “Health Bytes” are short tips about health and wellness. They will be sent on the first day of each month by e-mail.
- ✓ We hope that you can use this information to encourage or maintain a healthy lifestyle for yourself or someone you support.
- ✓ Please go to www.pchc.org to see past “Health Bytes”.

Health Byte – June 1, 2018

A new study promotes five lifestyle habits that may increase a person’s life expectancy: eating a healthy diet, regular exercise, maintaining a healthy body weight, limiting alcohol intake and smoking cessation. To learn more visit:

<https://www.hsph.harvard.edu/news/press-releases/five-healthy-lifestyle-habits/>