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# DR. BILL'S TOP 5 TIPS TO THRIVE

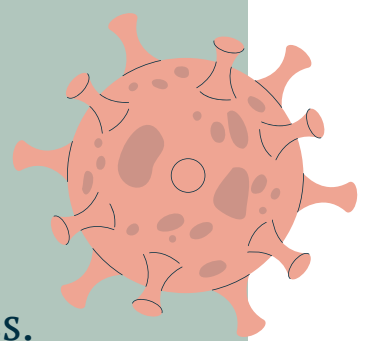
## HAVE A PLAN

Be mindful of what you feed your body and your mind. Identify what works for you and plan ahead for possible roadblocks to health.



## KEEP YOUR IMMUNE SYSTEM STRONG

Activate your NK cells with proper nutrition, exercise, and the right attitude to ward off illness.



## MOVE MORE, OUTSIDE, WITH MUSIC

Get up and go! Take your activity outside & enjoy the brain boosting benefits of music.



## START YOUR DAY THE GRATEFUL WAY

Have an attitude of gratitude (and quietude) each day. SLOW DOWN. Reflect on the good things in life.



## FILL YOUR "MUSEUM" WITH HAPPY PHOTOS

Curate your personal museum with photos that trigger happy memories.

