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United States Department of Agriculture, University of Arkansas, and County Governments Cooperating

Six Ways to Improve Your Health Which Is Most Important?

In your opinion, which of the following factors is most important to promote good health? Below, rank the factors in order of importance from 1 through 6, with 1 being most important and 6 being least important.

 Do not smoke.
 Eat a healthy diet.
 Maintain a healthy weight.
 Exercise regularly.
 Drink alcohol in moderation.
 Get adequate sleep.