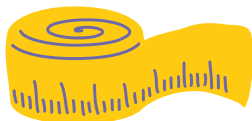
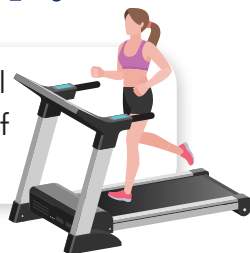


WHAT CAN I DO TO KEEP MY KIDNEYS HEALTHY?



Make healthy food choices.

Make physical activity part of your routine.



Aim for a healthy weight.

Get enough sleep.



Stop smoking.

Limit alcohol intake.



Explore stress-reducing activities.

Manage diabetes, high blood pressure, and heart disease.



Get your kidney function tested.

Keep well hydrated.

