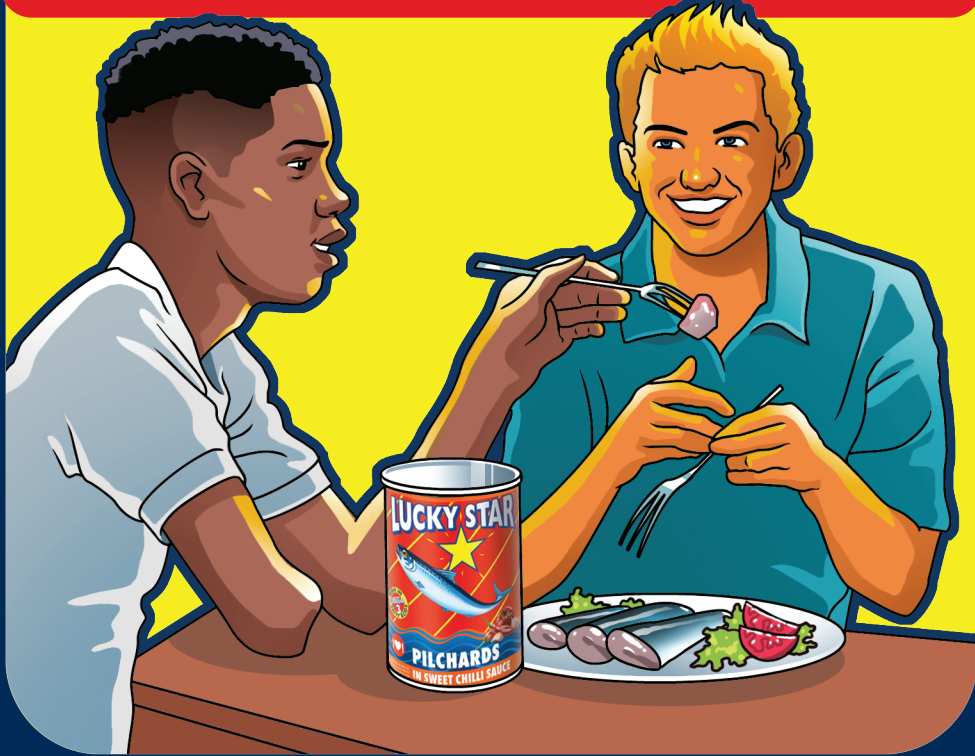


SUPER★FOOD

FEEDS BODY, MIND & SOUL

MAKE HEALTHY DECISIONS



Food is fuel for your body and brain. Include fish in your diet twice a week like Lucky Star Pilchards, Tuna, Sardines and Mackerel which is super fuelled with Omega-3 Fatty Acids.

REST



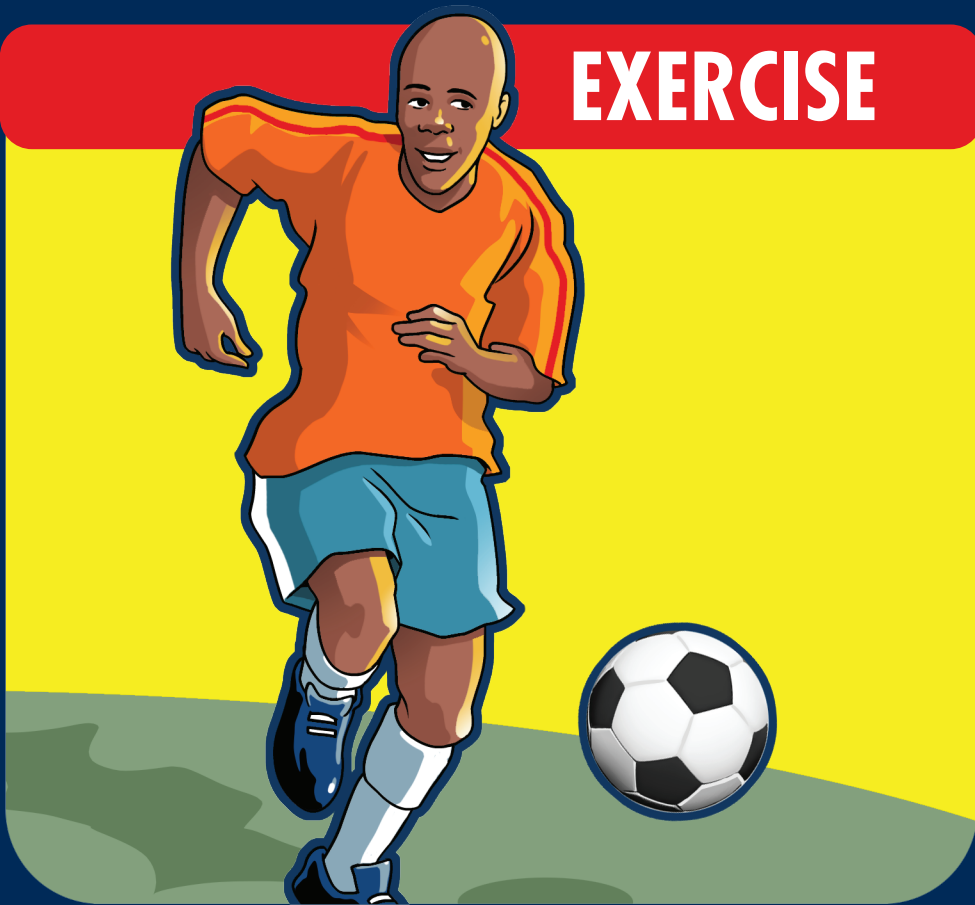
Getting enough sleep improves your memory, sharpens your attention, spurs creativity and lowers stress.

KEEP HYDRATED



Drinking water helps with digestion and reduces fatigue. Water is vital for brain and nervous system function.

EXERCISE



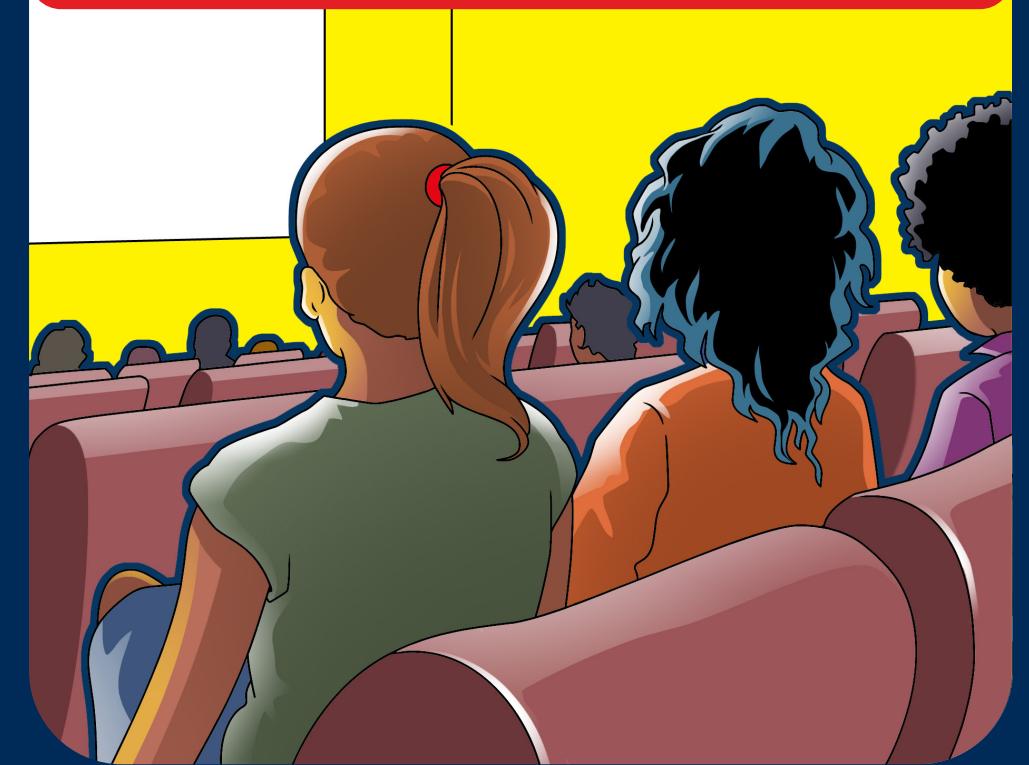
Exercise improves your energy, helps you feel good and reduces stress. Include Omega-3 Fatty Acids, which can be found in Lucky Star canned fish, in your daily diet to help reduce joint pain.

RECHARGE



Choose something to do that you enjoy. It's good for you to take a 'me' day!

REWARD



Recognise hard work and reward yourself.

BALANCE



Having a lifestyle that includes a balanced diet and regular exercise is the best way to stay healthy and on top of your game.



With Lucky Star be #SUPERHEALTHY, #SUPERFIT, #SUPERSMART, #SUPERHAPPY, and a #SUPERYOU!