



“Rule of Ten”

SEAC Glenn Haughton’s Daily Mantra

- 0 – Empty Calories
- 1 – Hour of Exercise per day
- 2 – Liters of Water per day
- 3 – Pieces of Fruit per day
- 4 – Mental Breaks
- 5 – Minutes of Mindfulness
- 6 – Minutes of Meditation
- 7 – Hours of Sleep
- 8 – Minutes of Laughing
- 9 – Thousand Steps per day
- 10 – Time for Bed

