

4-8: Daily Upkeep Matters

Imagine you are a car. Which care package would you choose to keep it running optimally throughout its life?

PREMIUM - \$100 per month

- Premium fuel & oil - three healthy meals per day
- Garage parking – 8 – 10 hours sleep per night
- Regular maintenance – daily exercise and relaxation

STANDARD - \$50 per month

- Standard fuel & oil – a mixed diet of healthy and processed foods
- Driveway parking – 6 to 8 hours sleep per night
- Occasional maintenance – weekly exercise and some relaxation

BASIC - \$0 per month

Low-end fuel & oil – a diet of fast food and sugar

Street parking – less than 6 hours sleep per night

Uncle Vinny's junkyard spot maintenance – very little exercise and constant stress