

HEALTHFUL TIPS

Be Positive

Keep a positive attitude and see how it impacts your health and well being

Say, "It may be difficult, but it is possible."

Be willing to move beyond your comfort zone.

WORK HARD.

Find a better way to do things.

Plan and prepare.

MAKE A COMMITMENT.

See the possibilities.

Focus on the positive.

Act.

Try new things.

DO WHAT YOU FEAR.

Put in the time.

PUSH YOURSELF.

Honor yourself by taking care of your health.

SAVOR HEALTHY FOODS.

Visualize the rewards of success.

Feel the strength in your body as you exercise.

REFUSE TO SETTLE.

Make it happen.

SMILE.

Put in the effort.

Be grateful.

REACH OUT TO OTHERS.

Walk away from unhealthy situations.

Find peace in all circumstances.

Set up your environment for success.

SEEK OUT THE SUPPORT YOU NEED.

Notice how **good** you feel when you eat right.

ENJOY THE DAY.

Find your inspiration.

REMEMBER—YOU ARE BEAUTIFUL, strong and healthy; you are worth it.