



HEALTHY LIVING TIPS

Small steps towards big success!

EAT FOR HEALTH



Start by creating a purpose for eating foods each and everyday. Begin each meal with the mindset... food is my fuel.

CREATE A SENSE OF FUN AND LAUGHTER DAILY



Did you know that when you are able to laugh and have fun each day, it releases the positive hormones to help our bodies function? How will you laugh today?

RESPECTFUL BOUNDARIES



Want to feel less stressed? Try setting respectful/healthy boundaries with your relationships. This will allow you to stay in control and happy which decreases stress hormones.

DO EXERCISE



This activity has a myriad of health benefits, such as preventing obesity, protecting yourself from the risk of cardiovascular disease, and reducing the risk of osteoporosis.