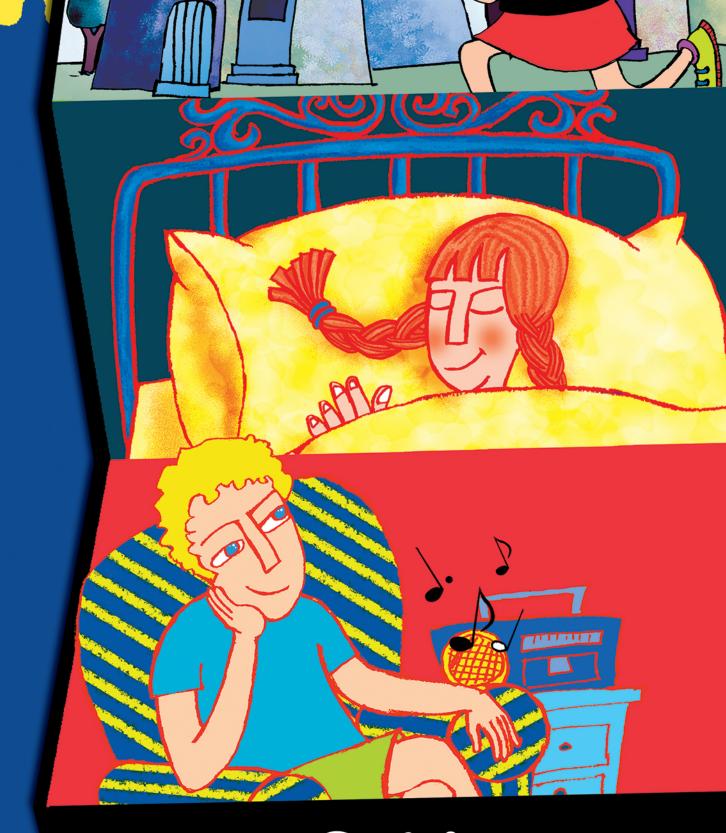
- Eat healthy foods
- Exercise
- · Get enough sleep!
- Relax

- Look good and feel good
- Have more energy
- Concentrate better
- Stay healthy
- Fight illness
- Improve fitness
- Feel more confident



Do YOU have a healthy lifestyle?

What are your goals?

How can you achieve them?

How will you know when you reach them?

What could you manage better in YOUR life?



