



Tips for Healthy Living

Taking proper care of yourself lets you take better care of others.

Pick healthy practices which let your best self shine.

Choose healthy habits of body.

Eat, sleep and exercise according to a regular schedule.

Exercise your body according to your needs.

Take food and water according to your body's needs.

Eat natural foods as much as possible.

Hold your body in a confident and stable way.

Choose healthy habits of mind.

Respect and care for yourself, your family and community.

Think good things about yourself and others.

Say positive statements (affirmations) to yourself and others.

Grow the happy thoughts. Let go of unhappy thoughts.

Keep a steady breath and steady mind in all you do.

