

FOCUS ON WHAT YOU CAN CHANGE

FOUNDATIONS OF HEALTH

#1

EATING NUTRITIOUS
WELL-BALANCED MEALS

#2

DRINKING ENOUGH WATER

#3

GENTLE EXERCISE:
30+ MIN DAILY

#4

RESTFUL SLEEP:
7-9 HOURS

#5

CONSISTENCY &
A POSITIVE ATTITUDE

YOU HOLD SIGNIFICANT CONTROL OVER YOUR HEALING JOURNEY. STAY COMMITTED TO THE PLAN AND GRADUALLY ENHANCE IT OVER TIME. REMEMBER, IMPROVEMENT IS ON THE HORIZON! HEALING IS A PROCESS THAT REQUIRES PATIENCE & CONSISTENCY.