



## 12 STEPS TO BETTER HEALTH

Health is a journey, not a destination. It's all about taking small attainable steps and enjoying the process. Below is the 12 Steps to Better Health tool to help you take your first step to improve your own health and lifestyle.

Pick one step and then go on to another when you're ready. You don't need to follow the steps in any particular order. Trust your instincts and know that each change you make has a tremendous impact on your present and your future.

1. Drink more water
2. Practice cooking
3. Experiment with whole grains
4. Increase sweet vegetables
5. Increase leafy green veg
6. Experiment with different forms of protein
7. Eat fewer processed foods
8. Make a habit of nurturing your body
9. Have healthy relationships
10. Enjoy regular physical activity
11. Find work that you love
12. Develop a spiritual practice

Not sure where or how to start?

Are you seeking support on your wellness journey?

Do you want to learn more about a specific area listed above?

**Please schedule a free health consultation and we can discuss your specific needs!**

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