



RAISE YOUR GAME

Keep going!
You're well on the way to better health.
Stick to your plan, set small goals and
take it one step at a time.

Use stairs and furniture as
makeshift gym equipment

Take a 10-minute walk

Go to bed ½ hour earlier

Include greens and lettuce
in your meals

Incorporate balance exercises
into your routine

Correct your posture

Drink 1 extra glass of water a day

Start off your day with
a healthy breakfast

Weigh yourself every week



Health



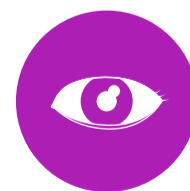
Physical



Healthy



Habit



Mental



healthoutfit