

5 (+) Ways to Make 2019 Your Best Yet!!

Practice the “4 Count Breathing- 4 counts in through your nose, hold for 4 counts, exhale through your mouth for 4 counts, stay in exhalation for 4 counts- repeat 4 times!

Consider your food choices as you would follow a drug prescription- be consistent!

Focused Meditation in the Morning- how you start your day sets the tone for the entire day!
(Rushed and listening to the news or peaceful breathing and gratitude for another day?
It's Your Choice!!

Food Choices- Make Veggies the Main Course,
Protein the condiment!
(Allow your body rest time and refrain from eating at least 12 hours between dinner and breakfast- intermittent fasting)

Join Our “500 Pound Club”
No obligation except to weigh in on 1/1/2019
(Or 1/2/2019 ☺)

Declare you want to release a few pounds of inflammation – we will offer some options for you to choose from!

Our goal is for everyone on our 500 Team to have the best start ever for a January in your wellness!

(Plans will include a weekly foot detox, a book, some choices on food cleanses we will coach you through- join us!)

Decide to “Eat the Rainbow” daily, which means buying foods of many color weekly

Use the “Basic 4” Supplements- Omega 3 fish oils, Vitamin D3, Magnesium, Probiotics
(Talk with Beth, Dr. Eric, Dr. Kevin about what dose you may need)

In January, schedule a Total Health Scan to determine your body’s specific needs.

Become a Member of our
“Wellness Book Club”

Start and End Your Day in Gratitude- be the organizer of a “Gratitude Circle” at your work, with family, friends or journaling with yourself!