**Why Being Healthy Makes You a Better Writer**

Starts with a healthy mindset. Habits of Health.   
Why? What do you want? What are you willing to do to get it?  
  
Diet Mentality Focuses on Food as the enemy, My bad habits, Things I am doing temporarily, Things I don’t like about myself, The scale, A finish line

Health Mentality Focuses on Food as fuel, My good habits, Things I am doing forever, Things that I want for myself, daily choices, and A Lifelong Journey.

“85% of people who go on a diet without behavioral support gain the weight back within two years.”

**Habits of Health**   
Weight Management – Focused on creating health Vs. Losing weight  
Healthy Eating and Hydration – Eating every 3 hours and the importance of water  
Healthy Motion – To prevent disease  
Healthy Sleep – Importance of a good nights sleep  
Healthy Mind – Managed emotions for the best health  
Healthy Surrounding – To set yourself up for the best results

  
A total of 340 pounds lost in one year.

To schedule a free Health Assessment:   
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