

5 BITES TO HEALTH

Tipping Point

1 Envision Health
Create a Personal Health Vision
—
Assess "Stomach" for Change
—
Study Yourself

2 Prepare
Pinpoint Food/Wellness Plan
—
Win Quick
—
Team Up

3 Commit
Identify Personal Best Foods
—
Develop Transition Plan
—
Simplify the Process

4 Own It
Create Food Flexibility
—
Trial & Error
—
Burst the Barriers to Change

5 Reinvent Health
Celebrate Success
—
Raise the Bar
—
Spread the Love

