

10 Tenets of Wellness

1) Happiness is a choice

2) Good health isn't a gift, it is a decision you make everyday.

3) A healthy, fit body is not enough - true fitness also encompasses your emotions and spirit.

4) Practice gratitude daily.

5) Learn to laugh and do it often.

6) Nurture your spirit, it is a source of love and strength

7) Stay connected to the natural world, it will nourish and enrich your spirit

8) Believe in yourself, you have been given everything you need,

9) It's never too late to take the first step

10) Where you put your attention is what will thrive. Choose wisely.

