

DO LESS To Live More

less complaining

MORE ENCOURAGING



less talking

MORE LISTENING



less salt

MORE HERBS, ONIONS AND SPICES



stop smoking

QUIT TOBACCO



MORE WAYS TO IMPROVE YOUR HEALTH:

less watching TV

MORE WALKING OR BEING ACTIVE



sugary drinks



WATER

frowns



SMILES

sitting



MOVING

giving up



TRYING AGAIN

stress



MINDFULNESS AND ACTIVITY

white flour



WHOLE GRAINS

unrealistic goals



REALISTIC GOALS

sugar



CINNAMON, HONEY AND OTHER ALTERNATIVES

junk food



FRUITS AND VEGETABLES