What’s Eating YOU? It’s Not About Food!

10 SECRETS TO HEALING YOURSELF FROM THE INSIDE-OUT

1. Visualize
2. Passion
3. Accept and Love Yourself Unconditionally
4. Tackle Your Fears
5. Develop a Healthy Attitude
6. Exercise
7. Nutrition
8. Meditation
9. Reward Yourself
10. Commitment

Exercises and Games to Heal The “WHOLE YOU”
BODY • MIND • EMOTION

DISCOVER YOU!

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