

Employee Wellness

DISCOVER YOU!

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

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