

Healthy choices can

change your Life!

1

Secrets of Wellness

Life is made up of **choices**, some of which have lasting consequences. Whether you choose to buy a blue or a grey car will not change your life. But what you

choose to have in your **fridge**, to do in your **free time** or to **think** of your neighbors can make a tremendous difference for your **health** and **happiness**. Our **genetic make-up** is only responsible for a **small** portion of our **diseases**. A long, **healthy** and **happy life** has much to do with **daily lifestyle choices**. Invest in **developing** your **physical**, **mental**, **social** and **spiritual health** and you

will delight in the **results**. It can be as simple as **walking** regularly, being **thankful**, getting enough **sleep** or **drinking more water**. Choose to **boost** your health 🍷

You can start today!

www.secretsofwellness.org

