

HOW TO BUILD A BALANCED health and wellness plan

When starting a wellness plan it's important to take a multi-dimensional look at your patterns and habits. Start by assessing each area of your life and set realistic goals to create lasting change.

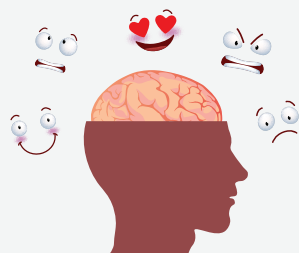


EAT COLORFUL
PLANT FOODS



SET REALISTIC GOALS
& TIMELINES

AVOID SMOKING & VAPING
SKIP THE CONSUMPTION OF ALCOHOL & SUGARY DRINKS



MANAGE YOUR
EMOTIONS



KEEP A POSITIVE
OUTLOOK

**KEEP MOVING
YOUR BODY**



**BE SURE TO
STAY HYDRATED**

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*Not intended to be a substitute for professional medical advice, diagnosis, or treatment.
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