

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