

Put your HEALTH first!



SURVEY:

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Happy New Year.....

We are excited to begin the new year on a positive note and hope that your year ahead is a happy and healthy one! What will your approach be to attaining a healthier you?!

<p style="text-align: center;">D</p> <p>Joins a health club. Intention is good but no time to go. More important things to do. Beginning of the year and the place is packed – definitely a deterrent. Might just add a walk to daily routine and take a multivitamin. Pills are easier than changing diet!</p>	<p style="text-align: center;">i</p> <p>Starts to exercise, eat better and joins a gym – not to exercise but to socialize. Tries to do too many things at once to become healthier and gets overwhelmed! Can't decide what to focus on first. Too many changes equals no follow through.</p>
<p style="text-align: center;">C</p> <p>Researches health clubs in the area – price, location, daily hours and classes offered are considered. Checks statistics and success rating for different diets and follows most successful. Maintains rigid schedule/routine and sets goals to stay on track.</p>	<p style="text-align: center;">S</p> <p>Prints out a new daily diet to eat better. Buys a treadmill or elliptical for home – more practical than joining a crowded gym. Sticks to exercise and diet schedule and results soon follow – stays committed. Enjoys hearing people say how good they look!</p>

...Next Month... Escaping the Winter Blues

To place an order please call 440-899-9010 or email sgreenleaf@impact-dev.com.

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