

# MY HEALTHY ABC'S and 1-2-3's

FACT: (1) A WISE DIET + (2) EXERCISE + (3) TIME = SUCCESS!

A = ATTITUDE, apples, ACT don't react, Accountability

B = BELIEVE in yourself

C = CONSISTENCY -- not perfection!

D = DETERMINATION, desire, discipline

E = EXERCISE = energy, hard-boiled EGGS are great protein!

F = No more than 2 FRUITS, find FUN in activity

G = Eat lots of leafy GREENS (especially dark ones), reward small goals, and GO FOR IT!

H = HONESTY is the best policy, your HEALTH is worth it!

I = Say "I can do it!" "I am worth it" Remember: the difference between fat and fit is I!

J = JOURNAL, journal, journal to find JOY in success

K = KNOWLEDGE is power, KNOW the foods that detour you and KEEP them far away

L = LOSING weight to be healthy means LOVING yourself

M = Avoid MONOTONY using new recipes! Do new activities!

N = NEVER look back. NO Guilt. Today is a NEW day!

O = OBTAINING health is an OPPORTUNITY, not a punishment

P = PERSEVERANCE, PATIENCE, our PANTS are gonna fit!

Q = We're QUEENS! We love quality over quantity!

R = We're RESPONSIBLE. We Reward ourselves regularly.

S = SHUT DOWN the "SYE" Syndrome (you know, whenever we're frustrated or bored we fall into "So You Eat" mode

T = TAKE TIME TO TRY something new, THINK and feel with your head and heart, not your mouth and food -- not with your mouth

U = UNLOAD frustration on exercise, a journal, a friend or a walk. All work better than food.

V = VARIETY and moderation in all things

W = WATER and WALKS are WONDERFUL

X = EXAMINE your motives. There are many and they all count!

Y = YOU know what to do, so just do it!

Z = Every ZIPPER is going to slide like silk! Zippity-Do-Dah!