



Tips For a Long, Healthy and Happy Life From A Day With Camilla Kimball

Dream Big

Yes, it IS possible to create health and make changes at any age.

The Journey of a 1,000 Miles Begins with the First Step

Every healthy choice matters and they all add up.

Keep Things To Yourself

When making life-style changes it's often wisest to do it privately, involving just a trusted few and Heavenly Father. Your results will be seen by all soon enough!

There's Always a Way

Optimism always pays off.

Take Heart and Speak Up

When eating out, speak up! Dressings on the sides! Ask the waiter to put half the meal in a container to take home before it leaves the kitchen. If you don't decide what goes in your mouth, someone else will!

Extend Yourself

No one but YOU can create health. It will not come to the front door for you!

Keep it Simple

The healthiest food is that which has the least preparation.

Out of Small Things Proceedeth that Which is Great

One pound, one choice, one day at a time!

Go Back and Correct Things

After over-indulging, eat less the next day, drink extra water, exercise more.

Food Is Not As Important As You Think

Find something to do rather than something to eat.

Feelings Buried Alive Never Die

Recognize your needs and prayerfully, creatively find a way to address them. Camilla wanted a ring. What do you want or need? Turning to food is not an answer as it solves only one problem: that of being hungry.

Don't expect it to do anything more than fill your stomach.

Appearances Are Not As Important As They Seem

Who cares what you look like? Just get out there and exercise!

Keep Your Hands Busy

A craft or project is the best way ever to stay out of the kitchen.

Go The Extra Mile

Just get started with exercising – promise yourself 10-15 minutes and it will feel so good you'll be ready to do more!

Keep On Learning

It's much better to fill our minds than to fill our stomachs.

Have Fun With Your Neighbors

Food is only food, it is not a friend who can make you laugh, brighten your day or give you an opportunity to serve

Angels Fly Because They Take Themselves Lightly

Although health is a priority, keep it in its place and don't make your eating plan an trial or a burden for those around you.



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