



Health

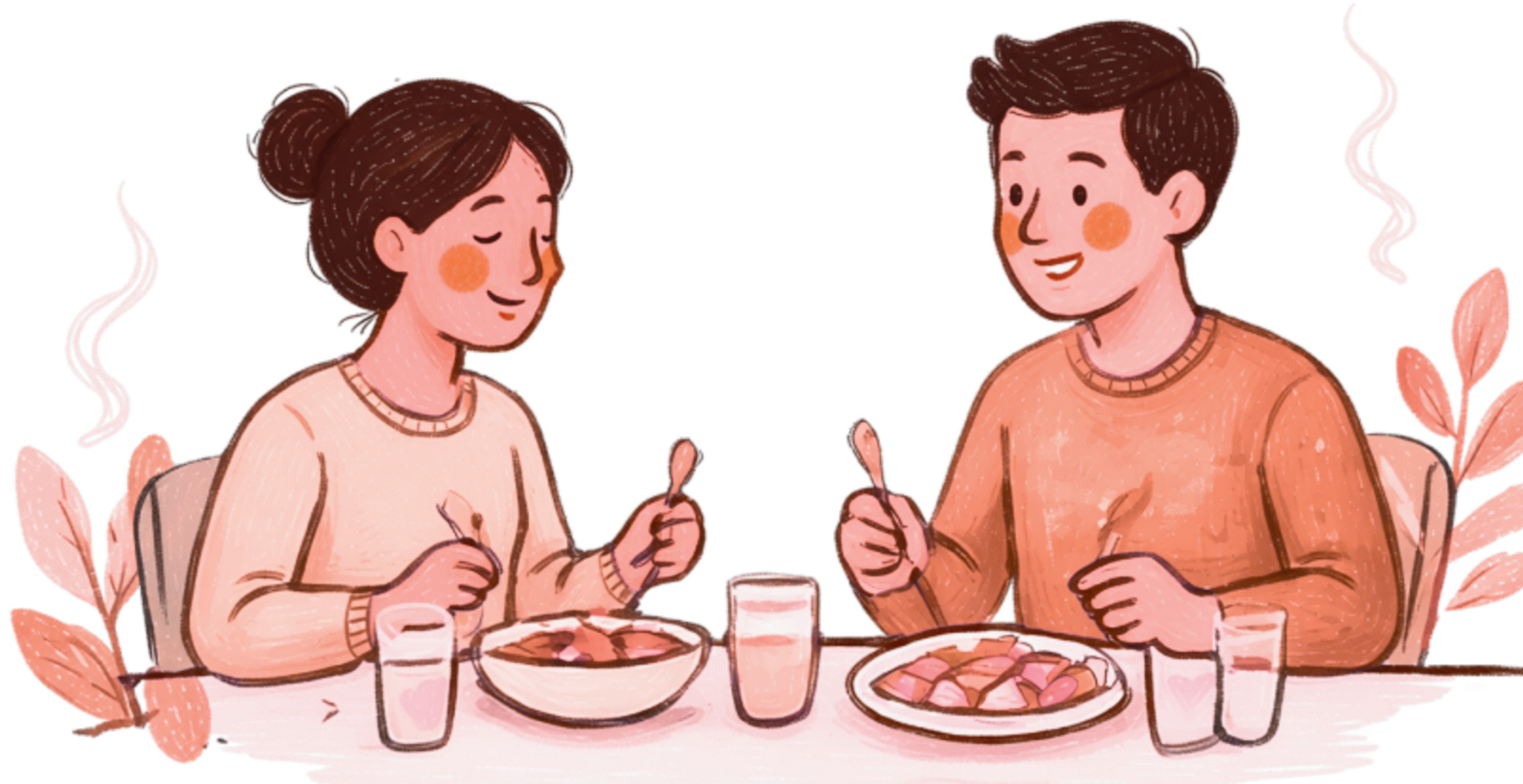
Take care of the body that carries you.

- ♥ Move regularly
- ♥ Sleep well & manage your stress
- ♥ Stay hydrated
- ♥ Keep your meals balanced
- ♥ Take protein seriously
- ♥ Walk after each major meal





Relationships



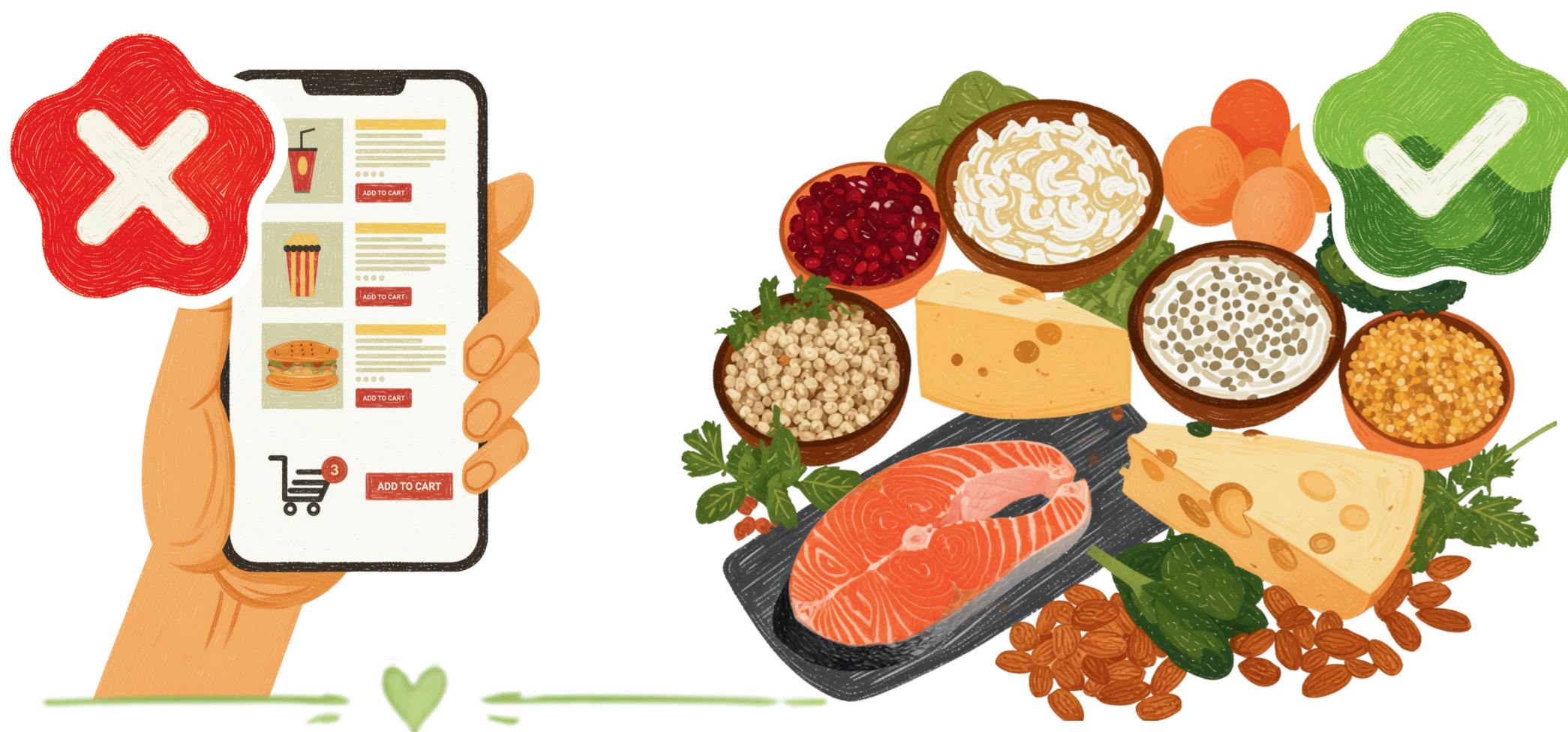
- ♥ Share one meal a day without screens
- ♥ Cook together & keep each other in check
- ♥ Create a monthly health ritual for your family
- ♥ Walk & exercise together
- ♥ Make health checkups a family habit

Make healthy living something you do together.



Wealth

- ♥ Buy less junk food and Coke
- ♥ Spend more on fresh produce
- ♥ Delete the food delivery apps from your phone
- ♥ Invest in the right professional at the right time
- ♥ Invest in nutrition and fitness education
- ♥ Sign up for fitness events like marathons



Spend your money where it protects your health.