

## ***BOB GREENE'S TIPS FOR LEADING A HEALTHY, ACTIVE LIFESTYLE***

- Know what you really want.
- Make an unwavering commitment to your goals. Your commitment to yourself is as sacred as your commitment to others.
- Build exercise into your life. Find a time that works for you (the best is always in the morning), and remember: Your exercise is not negotiable.
- Eating habits are developed over a lifetime and shouldn't be changed radically overnight. Gradually moderate consumption of foods that aren't in your best interest and replace them with healthy counterparts. Also work to increase your physical activity accordingly.
- Powerful results come from taking small steps towards your goal each day.
- Meaningful change comes from recommitting yourself daily to your chosen path.