



### **C-Choice**

Choice is the first step toward improved health because people who believe they are in control over their own lives are healthier and live longer.

### **R-Rest**

Rest is good sleep and also taking time to relax. Relaxation lowers blood pressure and reduces stress.

### **E-Environment**

Environment is our external world but also affects what happens within us for the better or worst.

### **A-Activity**

Activity includes physical and mental conditioning. Our goal is to be active in mind, body and spirit.

### **T-Trust**

Trust in God speaks to the relationship between spirituality and healing. A link exists between faith and wellness.

### **I-Interpersonal Relationships**

Interpersonal relationships strengthen our well being. Social connection fortifies our resolve and improves our health.

### **O-Outlook**

Outlook creates our reality. Our mind influences our body and our attitude impacts our health.

### **N-Nutrition**

Nutrition is the fuel that drives the whole system. Small improvements and strategic substitutions produce profound results.

**You are here for a reason. Come with us now and start living your life to the fullest.**