

NOTES

Rethink the Relationship Between Diet And Exercise

Re-Establish What You Truly Need

Re-Invest in Yourself

REFLECTION QUESTIONS

How would you categorize your relationship with food? Take five minutes to think through your eating habits, the types of food you eat and the quantity you eat.

If you don't regularly exercise, take time to create a light regimen that can fit your schedule (i.e. go on a 20-minute walk four times a week).