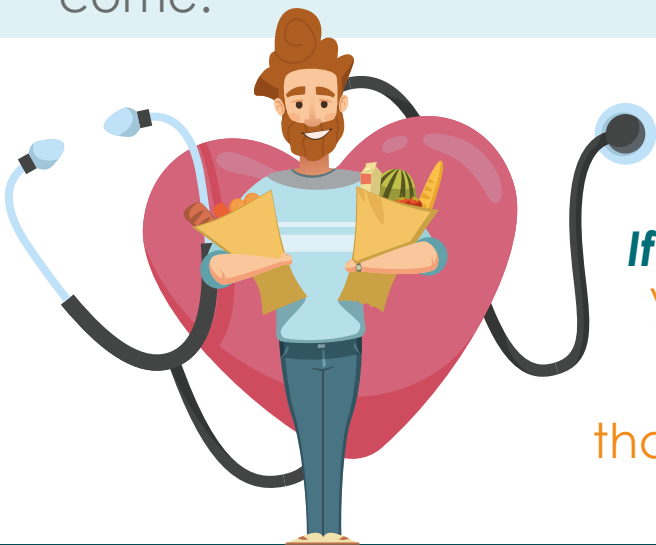




LEAVE A PRINT ON YOUR MIND AND BODY! YOU DECIDE!



Self-care is not something that you can just impose on someone, its build by connecting desires and visions for the future, with a present where your decisions and actions about your lifestyle will set the path of series of events over your mind and body in the days and years to come.



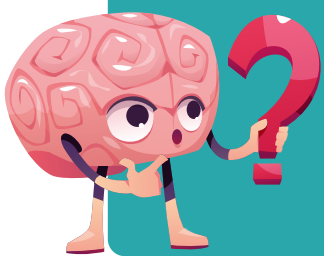
If you wish for health... work for it.

If you want to look good... recognize yourself and change what you must.

If you aspire to be happy... be thankful, cherish and enjoy your today.

If you desire all of this and more... zero excuses, put yourself fits and be coherent.

To remind you and keep you motivated about your goal, answer:



Do you want to take care of your brain, satisfy your basic needs, and keep yourself mentally and physically healthy?

YES NO



Do you work daily with the commitment and your mind set on the goal of moving on with conviction on this specific purpose?

YES NO

Which of the following habits will you be willing to develop?

- Make exercise 30 to 60 minutes a day
- Eat healthy and drink water
- Make active pauses and do some stretching exercises
- Relax and enjoy what you do
- Sleep at least 7 hours

How would you know if you have achieved your goal?

- You'll visit your doctor and follow the recommendations given to improve your health.
- You'll change your diet, cutting off junk food, artificial drinks, and excessive alcohol.
- You'll have an exercise routine that can improve your cardiovascular performance and muscle mass.
- You'll gain back the flexibility in your body, making exercises that you couldn't do before.
- Your mood will be more positive, you'll rest when you sleep and the relationships with your loved ones will improve.

Keep this commitments and goals and in exactly one (1) month... We'll see how we're doing and check what we may need to adjust.