

Affirmations

Steps to a Healthier You

Positive support encourages you on your road to health.

It's time to adopt **new** measures for a happier and healthier you.

Affirmations are motivational statements that encourage you to reach your goals. Keep these affirmations in a handy location as a subtle reminder and reinforcement of your personal objectives. Read your affirmations on a weekly or daily basis to support your personal journey towards health and happiness. When you are ready, write your own affirmations.

Change the way you see – not the way you look. Nurture yourself with a healthy attitude for life.

Think of food as an artist's palette and eat a wide variety of colours and textures. Your body thrives with energy from many different sources.

Practice self-respect and self-love – they reinforce each other. Trust that you can take good care of yourself.

Do something today to make your life easier tomorrow. Cut up vegetables, make walking plans with a friend or set aside "me" time. Planning ahead makes health an easy choice.

Recognize that healthy bodies come in different shapes and sizes. Take healthy measures to feel good in your own size.

Physical activity adds more to your life... more energy... more fun... and more years. Be good to yourself by adding more to life.

Health is an affirmation of life. Declare your strength inside and out.

Be a first-rate version of yourself, instead of a second-rate version of someone else. Celebrate those unique qualities that set you apart from the rest.

Making small changes can have a BIG impact on how you feel about yourself. Create an opportunity to succeed every day. Success breeds success!

Really listen to your body... for hunger, energy and balance. Become an expert on what your body needs to be strong and healthy.

Don't let what you cannot do interfere with what you can do. Celebrate your achievements and move forward.



Healthy Measures

Be active • Eat well • Be yourself

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Slow down to savour your food but be quick to say “enough” when you feel full. Tune in to your body signals to achieve a healthy balance. What is your body telling you?

Change doesn’t happen by chance. It takes thought and preparation – give yourself some time to make healthy changes.

Think of everything you are – a woman, a friend, a worker, a partner, a mother. What matters most is how you feel about yourself on the inside.

Forgive yourself when you don’t follow your health plan. Recommit, tell everyone about your health goals and ask for their help in achieving them.

Celebrate your achievements. Each small step forward today brings you closer to a healthy and happy life. Commit to your future.

Eliminate the quick fix mindset... health is a journey that takes place one day at a time. Eat well today and your body will respond with gratitude and health tomorrow.

Listen to what your body is telling you.

When you are hungry, you need nourishment. When you are sad, you need understanding. When your body needs activity or rest, you need to listen to your inner voice.

The way you look is far less important than your health and how a healthy body makes you feel. Nurture your inner self as well as your physical being.

Eat foods that help you feel good about yourself. Eat foods that will increase your health and well-being. Eat foods that keep you alert and energized.

Being active every day will make you happier and healthier. Feel alive. Enjoy it.

Find an activity that you enjoy and spend 30 minutes a day energizing your body. Be active just for the sheer fun of it. Feel your body respond.

No one can make you feel inferior unless you allow them to. Spend time with positive people who appreciate and believe in you.

Accept support and praise in your life. Say a sincere “thank you” when you receive a compliment – you have earned it! Be an optimist about life.



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