

MAINTAINING A HEALTHY LIFESTYLE

To achieve and maintain a healthy lifestyle you have to take control of _____.

To build a strong foundation, start each day with a _____
_____.

Diversional techniques help you stay on track toward achieving your health goals. Types of diversion include:

_____, _____,
_____, _____.

To help prevent being limited to unhealthy options it is wise to _____.

If you plateau you should get _____ basics.

Be _____ of your eating.

“ _____ can never take the place of a healthful diet.”

Stress may prevent your blood sugar from coming under control. Types of stresses include:

_____, _____,
_____.

Cravings are triggered by _____ of the foods themselves!

The four food groups which trigger biochemical reactions similar to drugs are:

_____, _____,
_____, _____.

Dan Buettner said, “We can live a _____ with more years of disability, or we can live the _____ with the fewest bad years. As my centenarian friends showed me, the choice is largely up to us.”