

TogetheriCan

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January

HABITS OF HEALTH DEFINED - WHAT ARE THEY

Habits of health are the habits you've developed that lead you towards a more serene, peaceful life—a life of acceptance, not resignation, but an honest gut level recognition of who you are and what you are.

Habits of Health leave you with an **attitude of gratitude and one of hope**.

Habits of Health normally depend upon delayed gratification, the idea of practicing **Simple Disciplines** over a long period of time.

Habits of Disease are habits you've developed that keep you in a dejected, depressed world of distress. Nothing works, nothing helps, I'm never going to get a better attitude.

Habits of Disease leave you with an **attitude of despair**.

Habits of Disease usually use instant gratification to mask a problem. They continually use **Slight Errors in Judgment**, thinking it will lead them to a place of peace (**a delusion**).

Habits of Health are not just those that lead to physical well-being. They also apply to mental clarity, as well as having a Spiritual connection with something greater than yourself.

1. **A healthy balanced diet** of healthy foods in the correct portions.
2. **Sleeping soundly** for the appropriate amount of time (8 hours typically)
3. **Drinking pure healthy water** (1/2 your weight in ounces each day)
4. **A healthy amount of movement** (Activity (NEAT) and Exercise (EAT))

Together (with Habits of Health) i Can

For an expanded list of a few habits of health go to our website: TogetheriCan.com. email us at: michael@togetherican.com

Or give us a call at 619-722-0264

We provide **free health coaching** for those desiring to lose weight, get off medications, or just want to feel better!

You have all of the answers; we provide you with the guidance to discover those answers.

Michael McCright

Free Health Coaching – provided by the "Together i Can Group"

Togetherican.com

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