



Don't Weight: Eat Healthy and Get Moving Now!

Kelly Bliss M.Ed

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Enjoy entertaining stories and inspirational ideas that show how any body, any size, any age, CAN build a healthier lifestyle. You will find lifelong motivation for self-care.

Will power is exhausting. Don't PUSH yourself with will power. PULL yourself toward a healthy lifestyle because it feels good!

Find pleasure in healthy choices:

* eat nutritious foods when hungry and enjoy your food more * stop eating when satisfied * feel better about your body * meet your emotional needs without always using food * find comfortable fun movement you CAN add to your life * (even if you have health problems or mobility issues).

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