

WELLNESS FOR LIFE

Taking Care of yourself while you care for others.

by Bob Czimbab

At the turn of the century, the most common killers were infectious diseases like typhoid fever, smallpox and cholera. Today our health is largely a result of the choices we make. Most illness and injuries can be prevented.

Our health is a reflection of our level of self-esteem. The better we feel about ourselves the better we take care of ourselves. We choose how we will live and frequently how we will die. We all know that it takes less time, energy and money to stay well than to get well.

Wellness is a choice - a decision to move towards optimal health. It is a way of life - a lifestyle you design to achieve your highest potential for well-being. Being well is a process - a developing awareness that health and happiness are possible in each moment. Everything you do has either a positive or negative effect on your health.

Now is the time to take charge of your life. Each person must find their own way to be healthy and happy. Wellness is the integration of body, mind and spirit.

The heart and soul of a wellness lifestyle are the beliefs: I deserve to be healthy and I am responsible for my health.

Guidelines for being healthy:

- Make the commitment to nurture your health.
- Foster a deep respect for who you are.
- Accept both your strengths and illness.
- Seek support from friends and family.
- Expect more from life than just not being sick.
- Challenge what you believe you are capable of now.
- Spend time daily reflecting on what is important to you.
- Reward yourself for doing your best.

The path to health and happiness is a life long journey, make it enjoyable. Choose one area of your life that you want to focus on, develop a plan and act.

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