

I STAY IN SHAPE

I stay in shape.

I take care of my body and mind.

I eat a nutritious diet. I consume at least 5 servings of vegetables and fruits each day. I eat a hearty breakfast and limit late night snacking.

I exercise regularly. My workouts build my muscles and keep my heart healthy. **I participate in a variety of activities that I enjoy.** I ride my bike outdoors and play sports.

I sleep well. I use soothing bedtime rituals to help me get 8 hours of sleep each night. I wake up feeling refreshed and restored.

I deal with stress constructively. I take a warm bath or go for a walk. I play with my children or walk my dog. I talk about my feelings with family and friends.

I stay connected. My relationships are close and mutually supportive. I spend time with family and friends who care about me.

I see my doctor for checkups. I make appointments to receive recommended

screenings and report any symptoms that concern me

I practice moderation. I reflect and pray. I take relaxing breaks throughout the day. I set realistic goals and prioritize my tasks.

I think positive. I am cheerful and upbeat. I remember that life is full of ups and downs and hardships are temporary. I focus my energy on the things I can control. I laugh and have fun.

Today, I take care of my physical, mental, and spiritual needs. I am strong and fit. I feel energetic and peaceful.

Self-Reflection Questions:

1. What are my fitness goals for this year?
2. How can I make exercising at home more interesting?
3. What am I grateful for today?