The Top 6 Reasons Why You Are Fat, Sick, and Depressed...
And What YOU Can Do About It!

#1: Food Choices
- Junk Vs. Food
  Too much junk, too much of the time (food and beverages); too little of what the body actually needs, too little of the time.

#2: Activity Level
- Inactivity Vs. Exercise
  Too much sitting/laying around (most often media-related); too little physical activity and exercise.

#3: Sleep and Rest
- Constant Stress Vs. Sleep and Rest
  Too much stress and “quick fix” behavior; too little rest, sleep, and focused relaxation.

#4: Timing
- Wrong Time Vs. Right Time
  Eating, sleeping, and starting your day late; Not getting up, nourishing yourself, and starting life early.

#5: Emotional Management
- Self-Medication Vs. Need Fulfillment
  Self-medication through food, media, and other addictions; too little identification and fulfillment of actual needs.

#6: Social Interaction
- Consuming Vs. Creating
  Too much consuming junk together (food and media); too little gathering to create something beautiful together.

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Transform your body – Transform your life!
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Jack LaLanne – “If man made it, I don’t eat it!”

Isabel de los Rios – “If you can’t read it, don’t eat it!”

Jillian Michaels – “If it didn’t grow out of the ground, or didn’t have a mother, don’t eat it!”

Source: Carrie M. Wrigley, LCSW – http://counselinglibrary.org