



To Your Health



7 Delicious Paleo Snack Ideas

<http://www.womenshealthmag.com/food/paleo-snacks>

3 Green Smoothies You Can Totally Make Ahead Of Time

<http://www.womenshealthmag.com/food/make-ahead-green-smoothies>

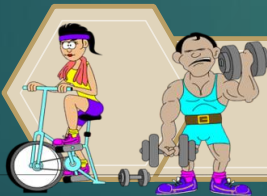


5 Techniques For Maintaining A Positive Mindset

<https://www.inc.com/lisa-abeyta/five-tips-for-keeping-positive-even-when-everything-goes-wrong.html>

Tips For Increasing Physical Activity

<https://www.choosemyplate.gov/physical-activity-tips>



How Much Physical Activity Is Needed? (by age range)

<https://www.choosemyplate.gov/physical-activity-amount>

ENJOY AND STAY POSITIVE



Crystal