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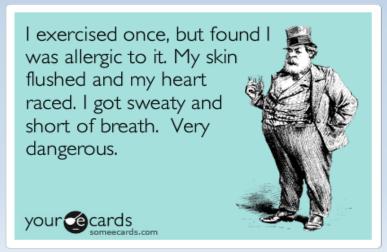
LGLA February 2014

# WHY?

we teach what we need to learn ourselves

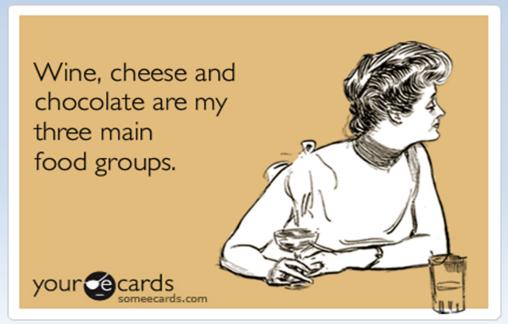
# **NOT ENOUGH**

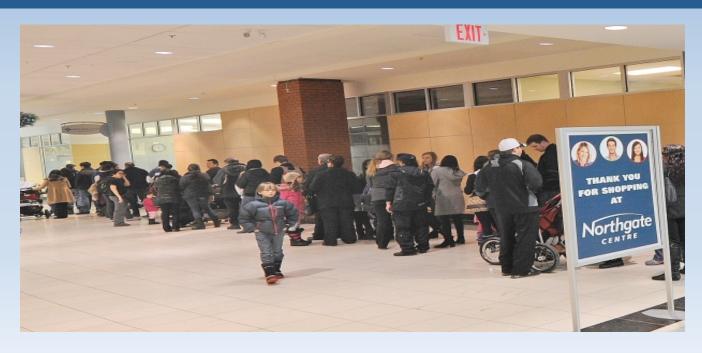
- SLEEP
- EXERCISE
- HEALTHY EATING
- DIS/CONNECTION
- FUN/NEW LEARNING



# TOO MUCH

- INACTIVITY
- FOOD
- ALCOHOL
- STRESS
- EGO







#### **LEADING YOUR OWN LIFE FIRST**

PROTECT YOUR BODY

PROTECT YOUR BRAIN

PROTECT YOUR RELATIONSHIPS

#### PROTECT YOUR SOUL



MORE

Leafy Greens Alcohol

Water Sugar

Berries Processed foods

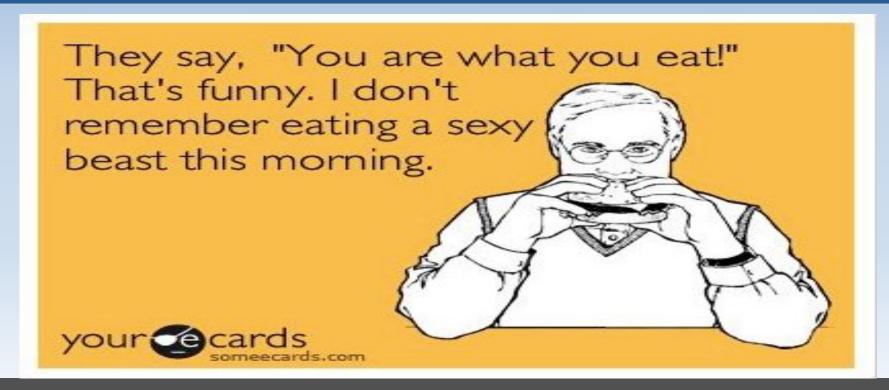
**LESS** 

Healthy fats Coffee

Fruits and Veggies Salt

Beans/Lentils Junk food

Protein Fried foods



## **GET MOVING**







Most people don't know how good they are supposed to feel.

# **REST**



I'm playing that game where the floor is made of lava, so I obviously can't get out of my bed or I'll die.

ROTIENECARDS

## PROTECT YOUR BRAIN









