



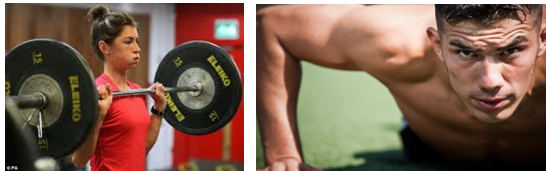
# ZAREPHATH DES

## Diet, Exercise, Sunlight & Sleep

**YOUR BODY is your**  
**Department of Economic Security**  
**Your health is your most valuable**  
**possession...Treat it that way!**

### PAY NOW

With Exercise, Time, Hard Work & Sweat



### OR PAY LATER

With Joint Pain, Back Pain, Heart Failure, Diabetes,  
Chronic Pain & Fatigue or Premature Death.



### Remember to drink WATER! WATER! WATER!

Did you know that one small 12oz can of soda contains so much sugar that it takes about 23 minutes of walking to burn off the calories?

Worth it? NO WAY!

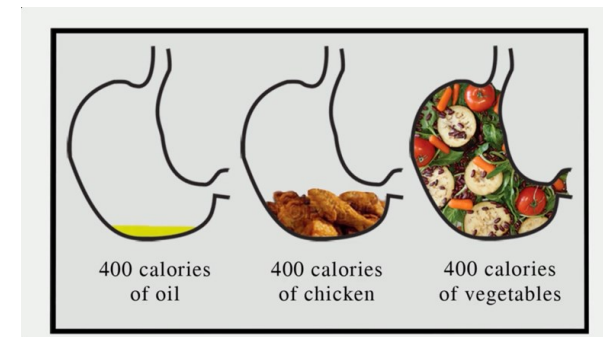
### Choose the RIGHT FOODS!

Snack on these foods and say "NO" to chips, candy & other junk food.

**Fruits:** Apples, apricots, cranberries, grapefruits, mangos, oranges, pineapples, raspberries, strawberries, tangerines, grapes, watermelon.

**Vegetables:** Asparagus, beets, broccoli, cabbage, carrot, cauliflower, celery, cucumber, endive, garlic, green beans, lettuce, onion, radish, spinach, tomatoes, turnip, zucchini, mushrooms, peas.

**Whole Grains & Seeds:** Brown Rice, Wild Rice, Quinoa, Oatmeal, Barley, Popcorn, Sprouted Grain Breads, Kidney Beans, Black Beans, Sunflower Seeds, Walnuts, Cashews.



**Surround yourself with positive people. Make it your lifestyle**  
**NOT a diet. Change takes time and commitment.**

**Do not ever give up- try, try and try again!**

**Just do it, for you and your family!**

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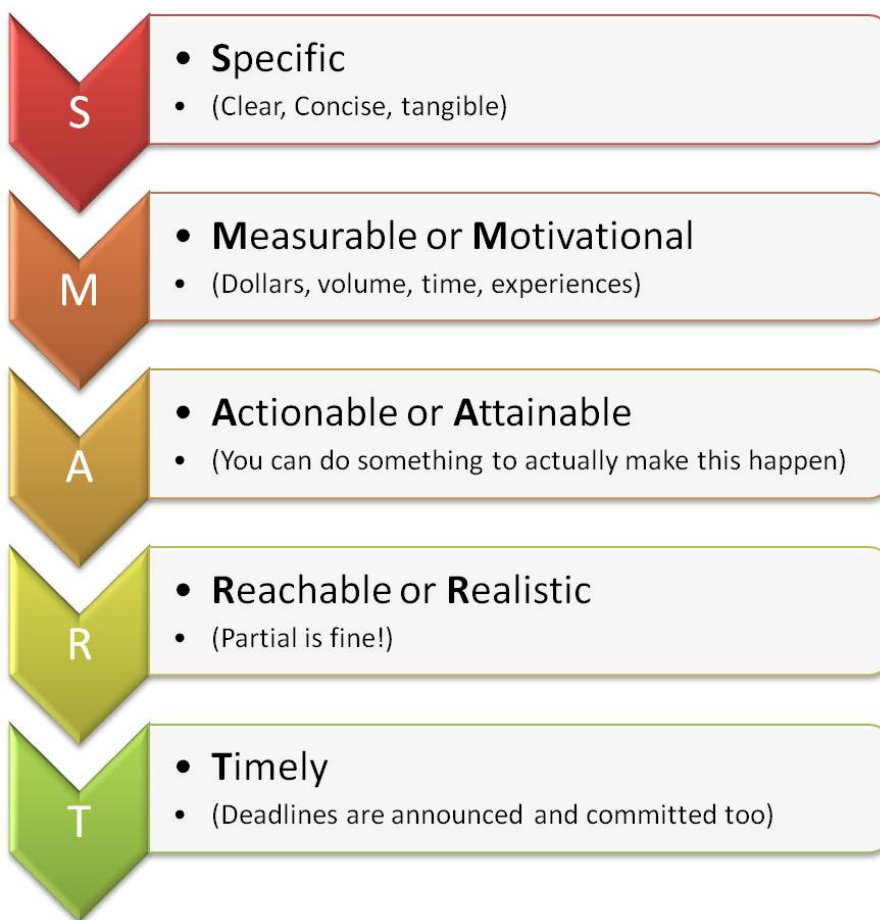
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**DES - Diet, Exercise, Sunlight, and Sleep**

Are you ready for change? Are you ready to be healthier? Be happier?

### Step 1-Setting SMART goals



Set 1-2 goals that you want to begin working on this month.

Remember, the goals must be S.M.A.R.T.

Specific, M measurable, Attainable, Realistic, and Timely

**Congratulations on taking the first step towards a healthier you!!!!**





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S.M.A.R.T. Goal for \_\_\_\_\_ Today's Date: \_\_\_\_\_

**S**

- My SPECIFIC goal: \_\_\_\_\_  
\_\_\_\_\_

**M**

- How will I MEASURE my progress? \_\_\_\_\_  
\_\_\_\_\_

**A**

- This is an ACHIEVEABLE goal.

YES because these are the things I can do to achieve it:

**R**

- This is a REALISTIC goal because \_\_\_\_\_  
\_\_\_\_\_

**T**

- I will achieve this goal in a TIMELY manner!

I will achieve my goal by \_\_\_\_\_ (measure of time).



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