



THE 3 PILLARS

PILLAR ONE: NUTRITION

What you eat: Your nutrition influences your energy, mood, and self esteem.

PILLAR TWO: EXERCISE

What you do: Regular exercise can increase energy, sleep, and increase self-confidence and discipline

PILLAR THREE: WELLNESS

What you think & feel: Wellness is the practice of healthy habits to improve your emotional, mental, and social well-being

