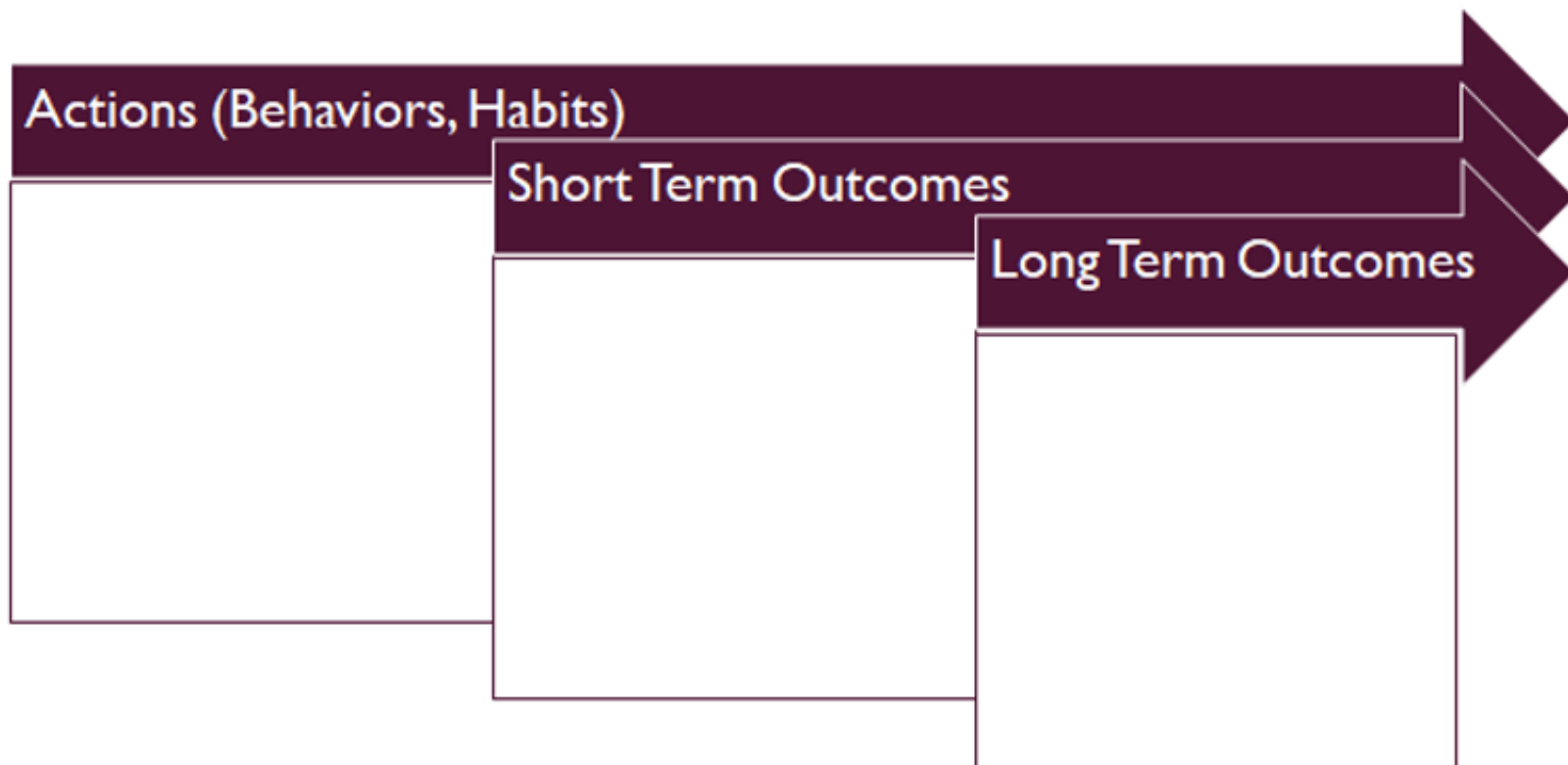


WHAT IS HEALTH?



What is health to you? What are the long-term outcomes and short-term outcomes you may be seeking and what are the actions that may help you get there?

(Don't limit yourself to weight and nutrition, think broadly!)

*Hint, you may want to start with outcomes before deciding on actions, behaviors and habits!