

Choose Wisely!

As we begin a New Year, most of us will make one or more New Year's resolutions. Keeping our resolutions requires making choices. We will (and should) choose to be active every day. We will resolve to choose to eat healthy foods every day. In order to be successful, we must make these healthy choices over and over again, every day, and every meal.

These choices will make us more energetic and physically healthy. Here are some more choices, which if made every day, will make us more happy and emotionally healthy.....

- Choose to love, rather than hate
- Choose to smile, rather than frown
- Choose to build, rather than destroy
- Choose to persevere, rather than quit
- Choose to praise, rather than gossip
- Choose to give, rather than grasp
- Choose to act, rather than delay
- Choose to pray, rather than despair
- Choose to forgive, rather than curse.

Wishing all a Happy and Healthy New Year!

Be Healthy, Get Fit, Stay Strong!