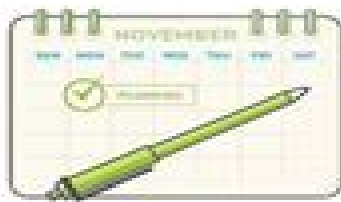


HEALTHY HABITS

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Goal Setting and
Having a Plan



Eating Veggies with
Every Meal



Consistent Exercise
Weights + Cardio



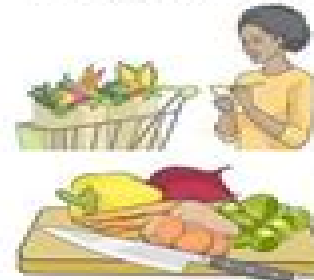
Monitoring Your
Hydration



Regularly Spending
Time In Nature



Spending Quality Time
with Family/Friends



Cooking/Prepping One
Meal Per Day



Daily Stretching/
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The Habits Of Health

Padhraic Smyth



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