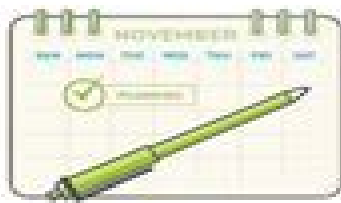


HEALTHY HABITS

ROSHNI
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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/
Mobility

The Habits Of Health

Wayne Scott Andersen



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will be other texts also translate prana as the life force or vital energy yama yama is often translated as restraint or control
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