



HABITS

3 COMMON UNHEALTHY HABITS & TIPS

HABITS

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3 Common UNHEALTHY HABITS

- **NEGATIVE THINKING AND SELF TALK**
- **UNHEALTHY EATING**
- **POOR FITNESS**



3 QUICK TIPS

REPLACE NEGATIVE
THOUGHTS WITH POSITIVE
THOUGHTS

CHOOSE FOODS THAT IS
TASTEFUL AND HEALTHY
FOR YOUR BODY

CREATE YOUR OWN FITNESS
PLAN THAT WORKS FOR YOU

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1. Unhealthy Eating Habits Tips:

- **Clear out the clutter in your cabinet and refrigerator**
- **Create barriers to stop yourself from giving in or overly indulging in unhealthy foods**
- **Add healthier food choices in your diet, maintain portion control, and meal prepping**

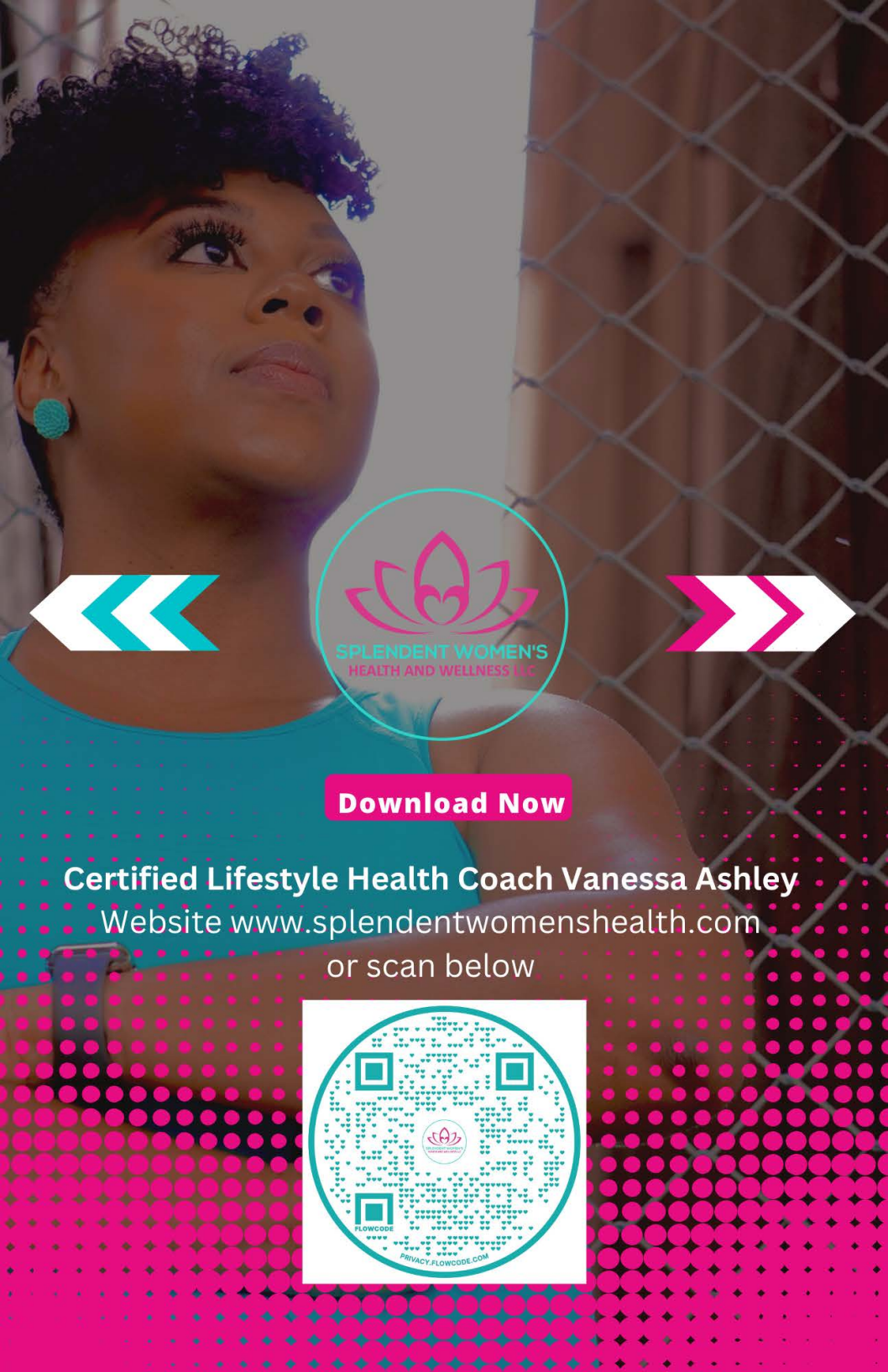
2. Poor Fitness Habits Tips:

- **Create your own fitness plan that works for you**
- **Create fun ways to keep you fit on a consistent basis**
- **Find resources for you to become fit**

3. Negative Thinking and Self Talk Habits Tips:

- **Practice breathing and meditation exercises**
- **Practice mindfulness and self-awareness**
- **Replace negative thoughts with positive thoughts**





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