



BeautifulFitFree.com
by Lori Dee

LIFESTYLE TIPS

To help you achieve & maintain a healthy & disease free body.

It is your
BIRTHRIGHT!



EAT A VARIETY OF MOSTLY PLANT-BASED FOODS

Vegetables, Fruits, Beans, Grains, Nuts, Seeds -Foods that grow from Mother Earth. Make it colorful!



MOVE YOUR BODY OFTEN

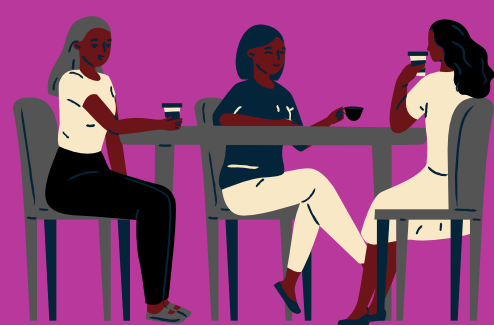
You don't have to have a fancy bootcamp or intense fitness regime to stay healthy. Walk or cycle with your loved ones. Fly a kite. Make it fun!



CONNECT & FIND PURPOSE

Pray. Journal. Meditate. Read your Bible and other inspirational sources to connect with a power higher than yourself to help you live your best life.

FIND YOUR TRIBE



There is power in connecting with people who energize & encourage each other. Fellowship with family, friends, your work or church contacts. Pay attention to how you feel when you interact to know if you're with the right tribe.

REST & RENEW DAILY



Take a break from screens & just sit or walk in silence daily-preferably outdoors. Allow yourself to get the right amount of sleep for your unique needs -usually 6 to 9 hours.