



Inspiring Air

1. Nose breathing is body relieving.
2. Belly breathing = stress leaving.
3. Flow of fresh air provides loving health care.



Soulful Sunshine

1. 5 minutes a day look up then away.
2. Go have some fun get your skin in the sun.
3. Sunrise and sunset = beauty you bet!



Water Works

1. Use your bottle to stay full throttle.
2. Add lemon, orange or salt as default.
3. Adequate hydration = straw-coloured urination.



Nature Nurtures

1. Go to a natural scene to become serene.
2. Take off your shoes to tap into your muse.
3. Open your 5 senses to let down your defenses.