



### **Are You Living A Wellness Lifestyle?**

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"Wellness Lifestyle" is a term we use to refer to living and maintaining a healthy active lifestyle to achieve normal healthy function of the body. Obtaining this lifestyle is a fairly simple process. All that is required is for you to initiate the steps outlined by your doctor to break the cycle of bad habits. Intervention and change at any age to make lifestyle adjustments will help optimize your bodies normal function. When a wellness lifestyle is achieved your body will be functioning properly and your natural (innate) healing capability will be maximized. Your physical, mental, and emotional health problems will heal themselves in the process.