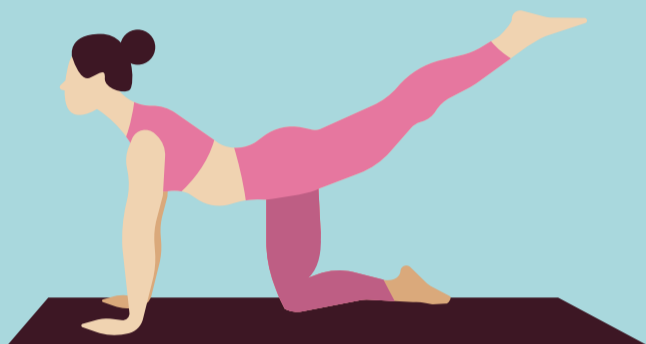




Awaken your MELI

Get Moving

- 1) Get sign off by your doctor first
- 2) Create the best workout plan for you
- 3) Outline goals and objectives
- 4) Reward yourself along the way



Energize

- 1) Make a list of things that energize you
- 2) Implement a self care routine
- 3) Adopt a meditation practice
- 4) Find balance by removing items or tasks that don't serve you

Create A Healthy Lifestyle

- 1) Cut out sugars
- 2) Try intermittent fasting
- 3) Avoid overprocessed, inflammatory and sensitive foods
- 4) Stay hydrated and get plenty of rest



Set Your Intention

- 1) Get inspired to prioritize yourself
- 2) Start a daily gratitude journal
- 3) Create a network of support
- 4) Make a list of small shifts you can take in your life to support self care

Live Your Best Life

All you need, want and desire is right in front of you. Stop searching outside of yourself and go within. Begin your journey today and learn how MELI can guide you on your pursuit of your best self. You deserve to live your best life.

