

TAKE THE FIRST STEP TO A HEALTHIER YOU!

Set goals that are realistic for you, not anyone else. Start small and grow at your own pace. It's okay to adjust along the way – progress, not perfection, is what matters!

MOVE YOUR BODY

Start small – walk
10 minutes each day
and feel stronger

EAT SMARTER

Add one extra
fruit or veggie
to your meals
every day

REST WELL

Aim for 8 hours
of sleep to wake up
refreshed

TALK IT OUT

Share your thoughts
with someone you trust
to lighten your mind

SAVE A LITTLE

Put aside a small
amount weekly
for your dreams

CELEBRATE WINS

Cheer for every step
forward – no matter
how small!



A SMALL CHANGE TODAY BUILDS A BIG SUCCESS TOMORROW!

LifeAssist counsellors and coaches are here to support your dreams. Give them a call and give yourself the best chance of success, as a team!

COACHING, COUNSELLING,
HEALTH INFORMATION, OR ADVICE.



Call **0860 111 322**
WhatsApp (Text) 061 438 7903

Callback *134*20068#
help@lifeassist.co.za
www.yourlifeassist.co.za/sunint

