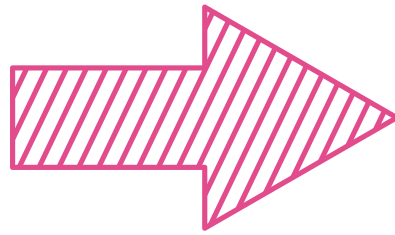


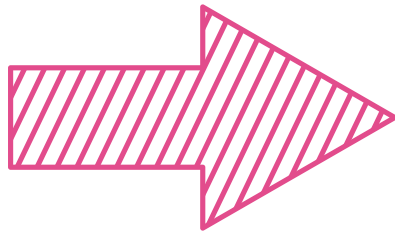
Re-thinking the Words We Speak

EXERCISE



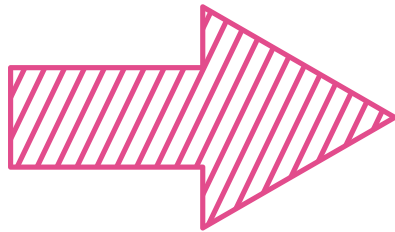
INNERCISE

WEIGHT LOSS



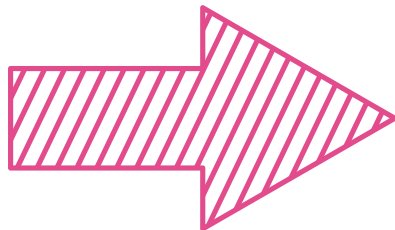
**LIVING FOR
HEALTH**

DIET



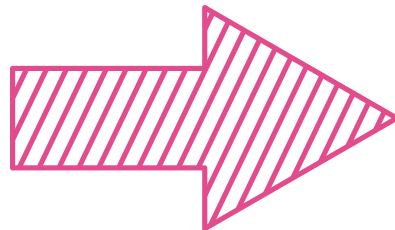
**FUELLING MY
BODY**

MODERATION



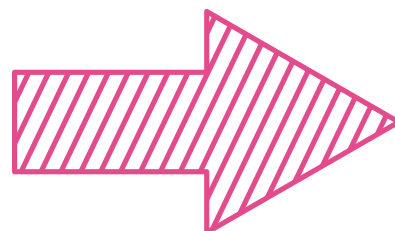
BALANCE

CHEAT MEAL



**GET RID OF
THIS PHRASE
ALL
TOGETHER!**

**'I'LL START
AGAIN
MONDAY'**



**THERE IS NO
SUCH THING
AS STARTING
AGAIN - KEEP
GOING
BEAUTIFUL**

You've got this - you are amazing x