

# IT STARTS WITH **ONE**

ONE CHOICE • ONE CHANGE • ONE HABIT • ONE LIFE

**Taking steps to improve your health doesn't have to be complicated.**

Make one choice today and continue to practice it until it becomes a habit.

Build on to the healthy habit until you start to see the change you want.

Use the momentum from that change to create the healthy and happy life you deserve.

## STEPS TO BETTER HEALTH

### 1 IDENTIFY YOUR WHY

What is the reason you want to be healthier this year? What is your motivation?

- Write your “why” on the back of this page (ex: to have more energy, for my family, to feel more confident, etc).
- Take a picture of yourself holding this page and send to LIVESMART at [connect@livesmartoni.com](mailto:connect@livesmartoni.com) or submit to your on-site Ambassador.
- Keep this page on your refrigerator, mirror, or at your work station as a reminder of your motivation.

### 2 SET YOUR GOAL

Envision yourself at the end of the year - how would you like your health to be different?

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### 3 START NOW

What is one thing you can start doing today that would get you closer to your overall health goal?

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LIVESMART is here to partner with you for better health in 2024.

For additional information about resources,  
contact the team at [connect@livesmartoni.com](mailto:connect@livesmartoni.com) or 888-501-1252

**MY**

**ONE**

**REASON TO BE HEALTHY**

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