



## What's on your plate?

WORKSHEETS

*Take time to make sure your plate is filled with the right stuff.*

*Discover the five key ingredients to a healthy life.*

*Learn how to make healthier choices fun, personal and interactive for you, your co-workers, your friends, and family.*

*Find out the one thing that will make a huge difference for you.*

- Learn how to fill your plate with **fun and effective physical activity**.
- Learn how to fill your plate with **healthy, enjoyable foods**.
- Learn how to fill your plate **to reduce stress**.
- Learn how to fill your plate with **balance and purpose**.
- Learn how to fill your plate with **better numbers** when you have your **Routine Check-ups** and **Check-ins**.



Kirsteen McDowall

*"A spark that ignites full potential."*

ACT Certified Professional Coach  
ACE Certified Fitness Trainer  
ACE Certified Health Coach  
Certified Laughter Leader

*Balancing Life* services are designed to encourage and educate people to live a happier, healthier, more balanced life. According to scientific evidence, the five key ingredients to a healthy life are:

- A: Physical Activity**
- B: Good Nutrition**
- C: Stress Management**
- D: Psychological Balance**
- E: Health Check-Ups**

