25 GREAT REASONS
To Eat Well

01. Makes you feel better

02. Helps you look your best

03. Gives you more energy

04. Extends the length of your life

05. Increases your strength

06. Improves your skin and hair

07. Improves the health of your digestive system

08. Prevents diabetes

09. Reduces the risk of certain cancers

10. Sharpens attentiveness

11. Provides you with proper nutrients

12. Healthy foods fill you up

13. Keeps your bowels clean

14. Restores and improves your balance

15. Fuels your brain

16. Lessens the chance of depression

17. Allows you to sleep soundly

18. Reduces the physical signs of aging

19. Joints will feel better

20. Menopause symptoms are lessened

21. Maintains your heart health

22. Sets a good example for children

23. Saves money on medical bills and prescriptions

24. Heightens athletic performance

25. Improves your mood

Well & Being™
Spa & Wellness
LIVE IT WELL