

14 Simple Strategies  
to Improve your Health  
Starting Today



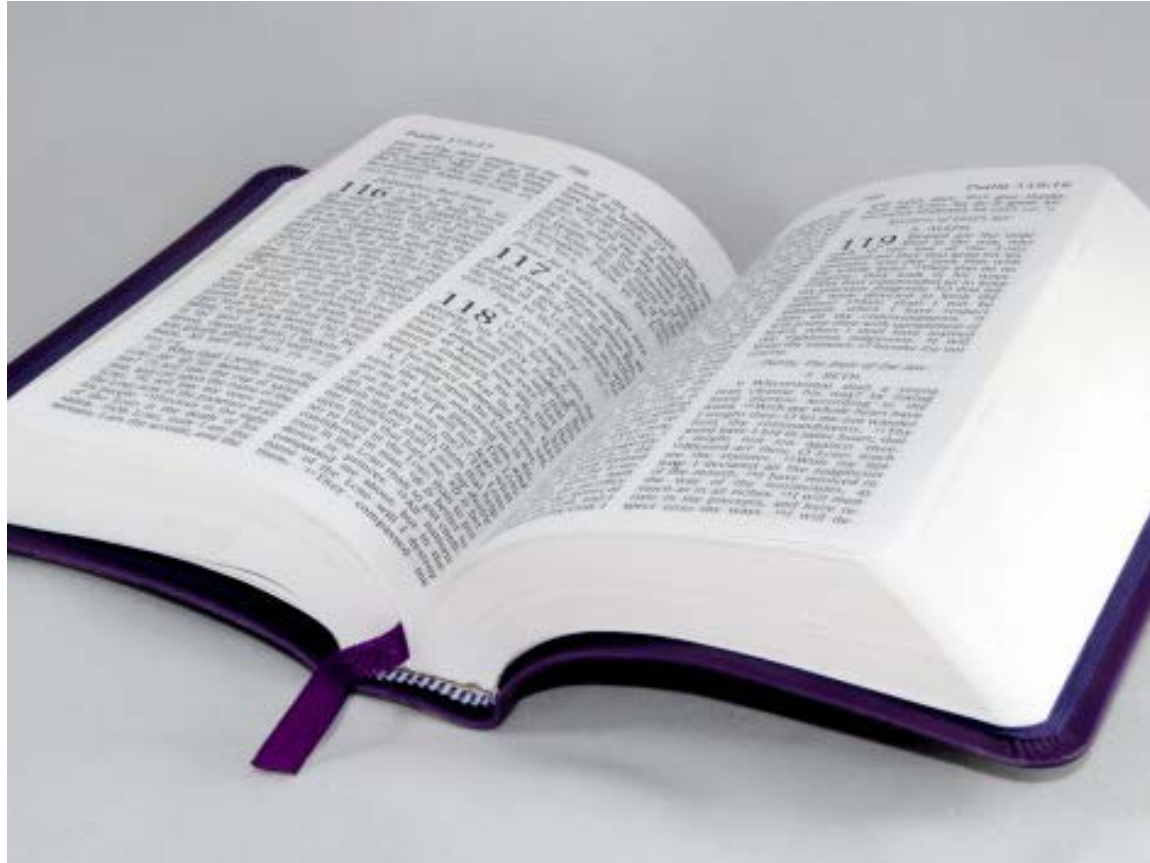
**Eat Breakfast**



**Say a Prayer**



**Limit Caffeine**



**Read your Bible**



**Sleep**



**Spend Time Outdoors**



## Limit News





**Limit Television**



**Laugh**



**Eat Fruit**



**Eat Veggies**



**Make Contact**



**Drink Water**



**Move Your Body**

Join the 60-day  
Spiritual & Physical  
Health Challenge!

starts Sept 8th



*within  
reach*

[www.kimberleypayne.com/health-challenge/](http://www.kimberleypayne.com/health-challenge/)