



Q. When was the last time you visited your physician to talk about a plan of physical health?

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ACTION POINTS: 1. If you haven't been to your doctor in the past six months, make the call and get in to talk with him or her about your physical exercise and nutrition plan.

2. Take some time and write down the top three benefits you want to receive from your exercise program.

3. Take some time this week to develop a simple, workable and effective plan for your life and lifestyle.

4. Exercise! As the old Nike commercial goes—just do it! Start small if you have to, but win some ground this week in the war on lethargy!