

KIM'S TIPS TO BE WHOLLY

- *SPEND TIME OUTSIDE
- *MAINTAIN A HEALTHY WEIGHT
- *FIND A CHURCH TO ATTEND
- *GET REGULAR CHECK UPS
- *DON'T SMOKE AND LIMIT ALCOHOL
- *WEAR SUNSCREEN EVERYDAY
- *EAT A VARIETY OF HEALTHY FOODS
- *STEP OUT OF YOUR COMFORT ZONE
- *PRACTICE AN ATTITUDE OF GRATITUDE
- *SPEND QUALITY TIME WITH FAMILY AND FRIENDS
- *DEEP BREATHING AND MEDITATION
- *KEEP VARIETY IN YOUR EXERCISE ROUTINE
- * LAUGH EVERY CHANCE YOU GET
- *PRAY AND READ THE BIBLE
- *REDUCE STRESS
- *WEAR YOUR SEAT BELT
- *DRINK LOTS OF WATER
- *GET 7-8 HOURS OF SLEEP
- *VOLUNTEER
- *NEVER STOP LEARNING
- *SPEND TIME WITH ANIMALS