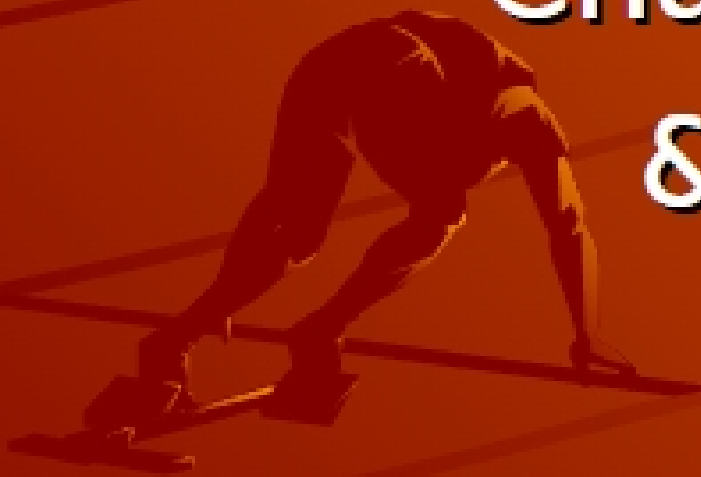


Making Healthy Changes

Changing Health Behaviors
& Adopting a Wellness
Lifestyle



Factors that Shape Positive Behavior



Barriers to Change

- ◆ Procrastination
- ◆ Preconditioned Beliefs
- ◆ Gratification
- ◆ Complacent Behaviors
- ◆ Complexity
- ◆ Indifferent
- ◆ Rationalization
- ◆ Invincible