

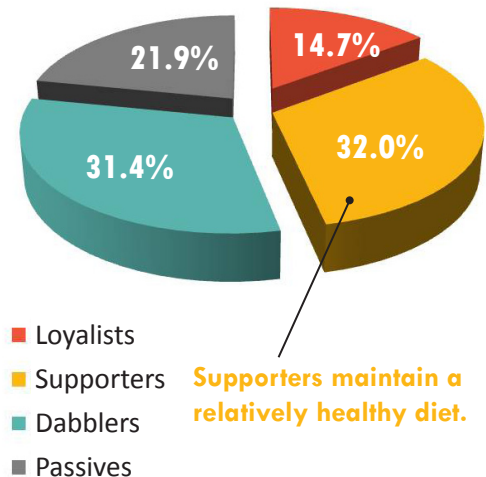
You are a Supporter.

SUPPORTER Good job, you are on the right track to better health. You like to support natural companies and products when you can if the price or taste is right. Keep looking for healthy alternatives to the products you use every day. Slowly rebuild your pantry with high quality staples like organic version of your favorite foods, non-irradiated spices, cold pressed oils, and natural sea salts. If you haven't done much research on Genetically Modified products, do your homework and look for products with the Non-GMO seal.

Consider revamping your cleaning and personal care products as well by trying out new natural and green products to continue reducing your exposure to chemicals and clean up your life. Also keep in mind, your buying power helps bring more natural products to the main stream. Vote with your dollars to drive the industry to keep making healthier options for everyone. Walmart and Aldi are even getting in on the organic movement; the more we support it the more people will have access to healthier foods!

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How focused are you on eating a healthy diet?



Want to improve your health? Take the Stairs!

41.8%

of Loyalists report taking the stairs as opposed to the elevators much as possible, as compared to

24.3%
of Supporters.



One way to better health is to be active. Take the stairs instead of the elevator as much as you can. Are you close enough to walk or bike to work or the store? If not, take a walk around lunch time to get, sunlight, vitamin D and exercise. Sit on an exercise ball or make a standing desk if you spend a lot of your day sitting. Join a group exercise class or find time for your favorite sport. Make sure you are adequately fueled before exercising and eat a healthy snack afterwards to get the most out of your workout.

Have you tried these products yet?

Snacks

Sweet, crunchy coconut chips make a satisfying healthy snack.

<http://www.dangfoods.com/>



Drinks

Honest ingredients for an honest lifestyle.

<https://www.honesttea.com/>



Soap

Dr. Bronner's soaps can be used as body wash, laundry soap, dish soap and much more!

<https://www.drbronner.com/>



All products identified are independent recommendations and are not paid product endorsements. All brands and images belong to the respective companies and manufacturers and are used only to identify the products and companies.

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