ONE DAY AT A TIME

YOUR HEALTH

WE AMERICANS ARE A HARD-WORKING BUNCH AND A LOT OF US HAVE ACHY BACKS, NUMB FINGERS AND DEPLETED ENERGY TO PROVE IT.

ENERGY IS RUNNING EFFORTLESSLY THROUGH FIELDS OF DEEPLY SOOTHING GREEN. THE NEXT TIME SOMEONE SAYS, “YOU LOOK LIKE YOU COULD USE A BREAK,” TAKE ONE.

TO FIND OUT WHAT ONE IS FITTED TO DO, AND TO SECURE AN OPPORTUNITY TO DO IT, IS THE KEY TO HAPPINESS. STRESS KILLS—STAY AWAY FROM IT ALWAYS.

LOSE WEIGHT. GET FIT. FEEL GREAT.

ALL THAT WE SEE OR SEEM IS BUT A DREAM WITHIN A DREAM.

MAKING TIME FOR BREAKFAST LETS YOU EAT YOUR WAY TO WEIGHT LOSS. TRY PROTEIN AND FIBER IN THE A.M. TO SUPPLY YOU WITH SUSTAINED ENERGY.

Written by Jack Briggs (1933 – 2016)