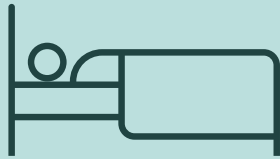


# The 4 Pillars of Health & Physical Wellbeing



## Pillar 1: Sleep

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### Benefits of Having Good Sleep

- Healthier Heart
- Mood Boost
- Better Memory and Recall Skills
- Fewer Headaches

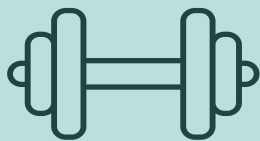


## Pillar 2: Nutrition

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### Benefits of Having Good Nutrition

- Increase of Energy
- Reduce Risk of Certain Diseases
- Improve Ability to Fight Off Illness
- Less Fatigue



## Pillar 3: Fitness

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### Benefits of Having Good Fitness

- Increases Lifespan
- Strengthens Muscles
- Decreases Stress
- Boosts Immune System



## Pillar 4: Stress Management

### Benefits of Having Good Stress Management

- Improved Relationships
- Feel More Relaxed
- Better Ability to Focus
- Moods Become Stable