

Are You Living Healthy?

Be generous.

Focus on what is GOOD in your life.

Treat yourself to doing things YOU enjoy daily.

Spend time outside.

Chew your food well.

Become the most positive person you know.

Be grateful for everything and everyone.

Laugh often.

Keep your bedroom organized.

Spend less time watching TV.

Say Thank You.

Dance on days off from class.

Just For Kix

Recently, Just For Kix Founder and Executive Director, Cindy Clough attended a Healthier Girls Luncheon. Here are some healthy living tips Cindy wanted to share.