



Best Friends Forever

A healthy body starts with a healthy mindset

What does it take to be a good friend?

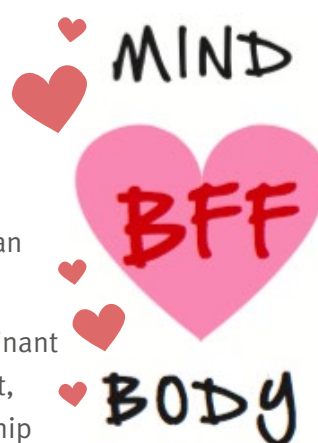


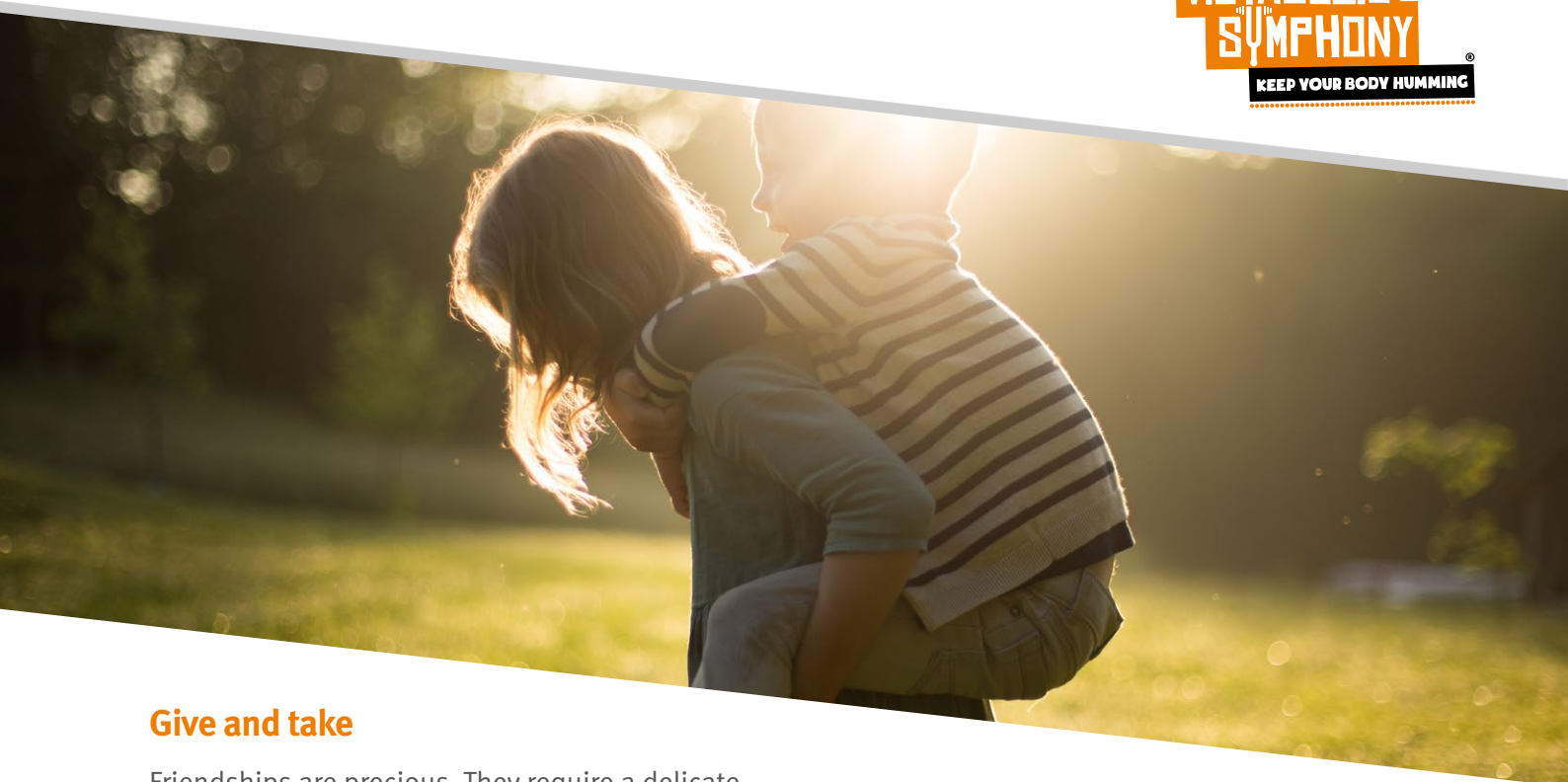
Good friends look after each other

How many of these qualities would you apply to the relationship between you (your mind) and your body?

Think about it. Of all the relationships in your life – past, present and future – will you ever have a more intimate lifelong friend than your own body?

You are probably the dominant one in the relationship but, if you follow basic friendship principles, your body will be a loyal and supportive friend to the end.





Give and take

Friendships are precious. They require a delicate balance of commitment, respect and gratitude.

Willpower is a critical tool for maintaining equilibrium in any relationship – especially the one you are having with your body where your mind ultimately holds the power.



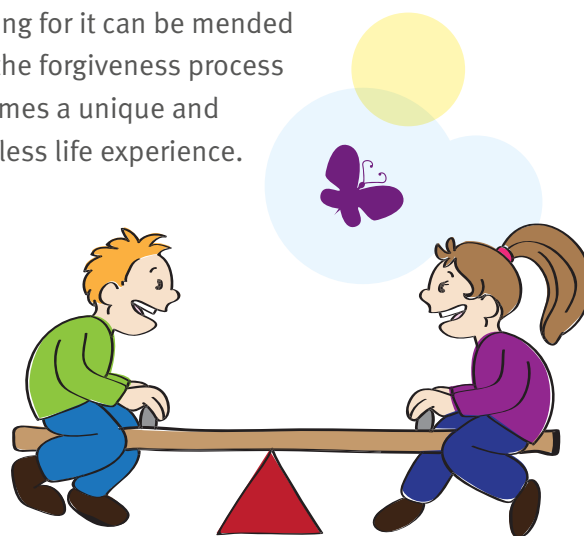
Saying ‘I will’ is just as important as saying ‘I will not’. Strengthening your resolve to reduce bad habits and take positive action towards your goals is really empowering. It is also way more gratifying than giving in to unhelpful short-term impulses.

But you need to strap in for the long haul and put some clever strategies in place to overcome your unhealthy, dopamine-fueled habits. Your willpower reserves **will** get depleted each day and you need support and distraction to stay on track.

Letting the side down

Have you ever taken a friend for granted, or had a friend do it to you? It is often a slow, disappointing and silent process that can damage the relationship.

Sometimes the damage is irreversible but, more often than not, if the friendship is worth fighting for it can be mended and the forgiveness process becomes a unique and priceless life experience.



Your body is doing its best to support you – day in, day out.

Are you returning the love?

