Paleo-content

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**Subject** – Of Health and Happiness

Hi again,

So, how is your paleo program going? Are you happy with the change?

Okay, for beginners, we know things aren’t as sunny as most expect to be. We understand that decision to change your lifestyle is a big one. You are not always able to hit your mark and keep your promises. And that can be a little disappointing. Don’t let the negativity bring you down!

It is just a phase. Once you are in the cycle, you will rise not just healthier but also happier. Because, believe it or not, your happiness is tied to your health. The healthier you are, the happier you feel. The happier you are, the healthier you stay. So, if you don’t think your health is enough of a motivation, do it for your happiness and that of those you love and care for.

Studies have proven that people who follow a healthy lifestyle and stick to healthier diet and regular exercise, see things in a more positive perspective as compared to those who don’t. They are more likely to make better decisions and achieve their life goals. Moreover, they are more confident about the way they look and the way they are.

These reasons are more than enough to motivate you, and we haven’t even started yet.

We will keep sharing tips and information regarding your health and happiness. Keep waiting for our future emails.

We promise we won’t take long!

Take care.

Thanks.