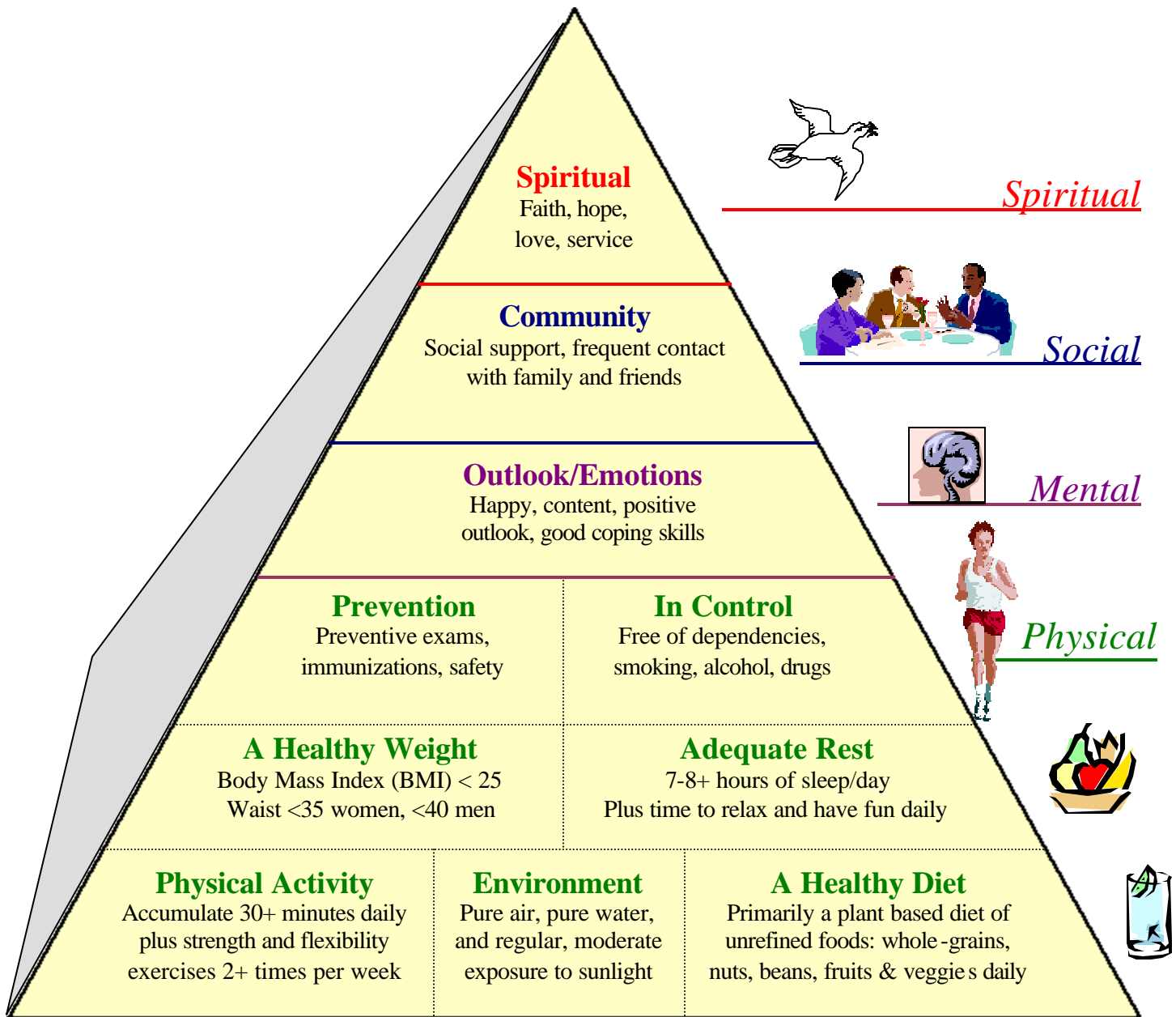


# Wellness Pyramid



## Achieving Optimum Health

Each of the four dimensions of life depends upon the correct working of the underlying health component. A healthy body and mind lay the foundation for all creative expression, social interaction, and spiritual insight. The balanced interaction of all four of these separate aspects of life result in optimum health, long life, and inner peace.

Incorporate these principles into your daily life and you will be practicing preventive medicine. Research shows that people who follow most of these health principles live on the average 10-12 years longer than those who practice only a few. If you really want to feel your best and live a long, full life, give careful consideration to these 10 basic principles. Don't wait until an emergency forces you to take your health seriously. Review the accompanying page, "Ten Principles for Lifelong Health" for more specific details. Invest in your health now: it pays rich dividends!