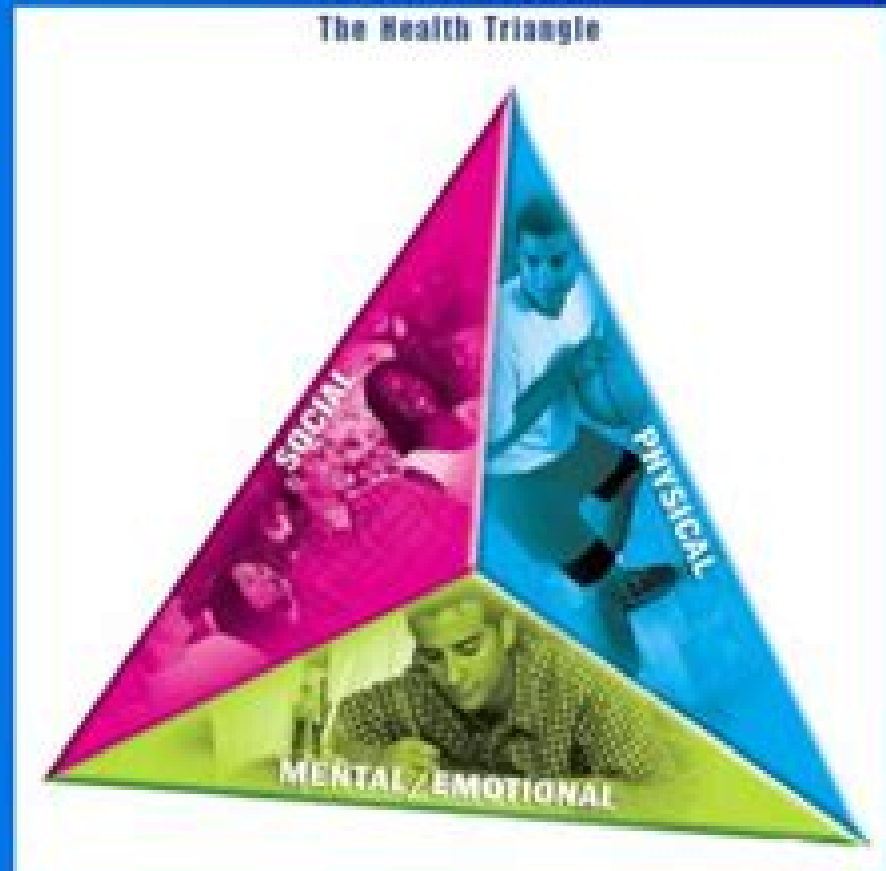


Health Triangle

- In order to have optimal health, a person must be equally healthy in all three areas of the triangle.
- When one side of the triangle gets too much or little attention, the triangle becomes lopsided.
- To be truly healthy, you need to keep all 3 sides of your health triangle - and your life - in balance



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