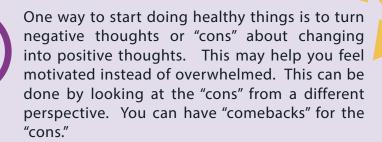
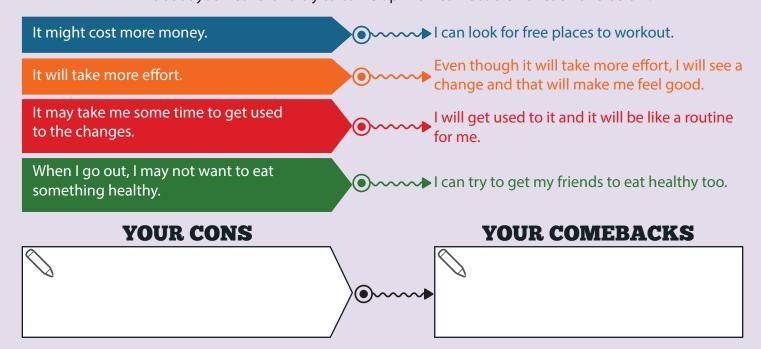
## Contemplation

Talk Down the Negative, part 2



## Talk Down the Negative with "Comebacks"

Think about your "cons" and try to come up with "comebacks" for each one below:



These cons can be annoying to deal with, but sometimes it helps to compare these cons to the risks of being unhealthy.

There are serious consequences to not being healthy. Sometimes when you compare these consequences with the cons, coming up with "comebacks" gets a lot easier.

- Risks of Being Unhealthy
  - ₽ 4

- Having to spend too much money on medical bills
- Being overweight
- Having body changes I don't like.
- Diabetes
- Heart problems

- Other medical issues
- Not being able to keep up with friends
- Low self-esteem
- Getting made fun of

Which would you want to avoid most?



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