



FINDING YOUR WHY

What is your *why* for picking up this book? What fuels your personal interest in nutrition, activity, and well-being? Is it to feel better and have more energy? Is it to maintain your overall health? Is it to lower your risk of disease, or manage a medical concern? Is it to get stronger or improve your balance? Is it to lose weight?

Many books have been written on finding your why. Kent Burns describes finding your why as a treasure hunt in his book *What's Your Why?* I like to think of finding your why as an opportunity to stop, look, and listen to yourself. What resonates with you? What purpose do you have for supporting your health and well-being? Why is that important to you personally? I'm convinced that the simple **2211** lifestyle plan with EAT MOVE GROOVE can help you answer that question and provide the tools and support to move forward in a positive way. To start exploring your why, consider the following checklist. Which of these whys resonate with you?

- To feel better
- To have more energy
- To eat better
- To be more active
- To get stronger
- To move more easily and confidently
- To lose weight
- To feel less stressed
- To have structure
- To have a plan
- To have support
- To be more balanced
- To lower my cholesterol
- To lower my blood pressure
- To manage my arthritis
- To manage another medical condition
- To eat a plant-forward diet in part to care for the environment
- To find a simple way to reset when life gets out of control or
- You may have other WHYS that resonate with you