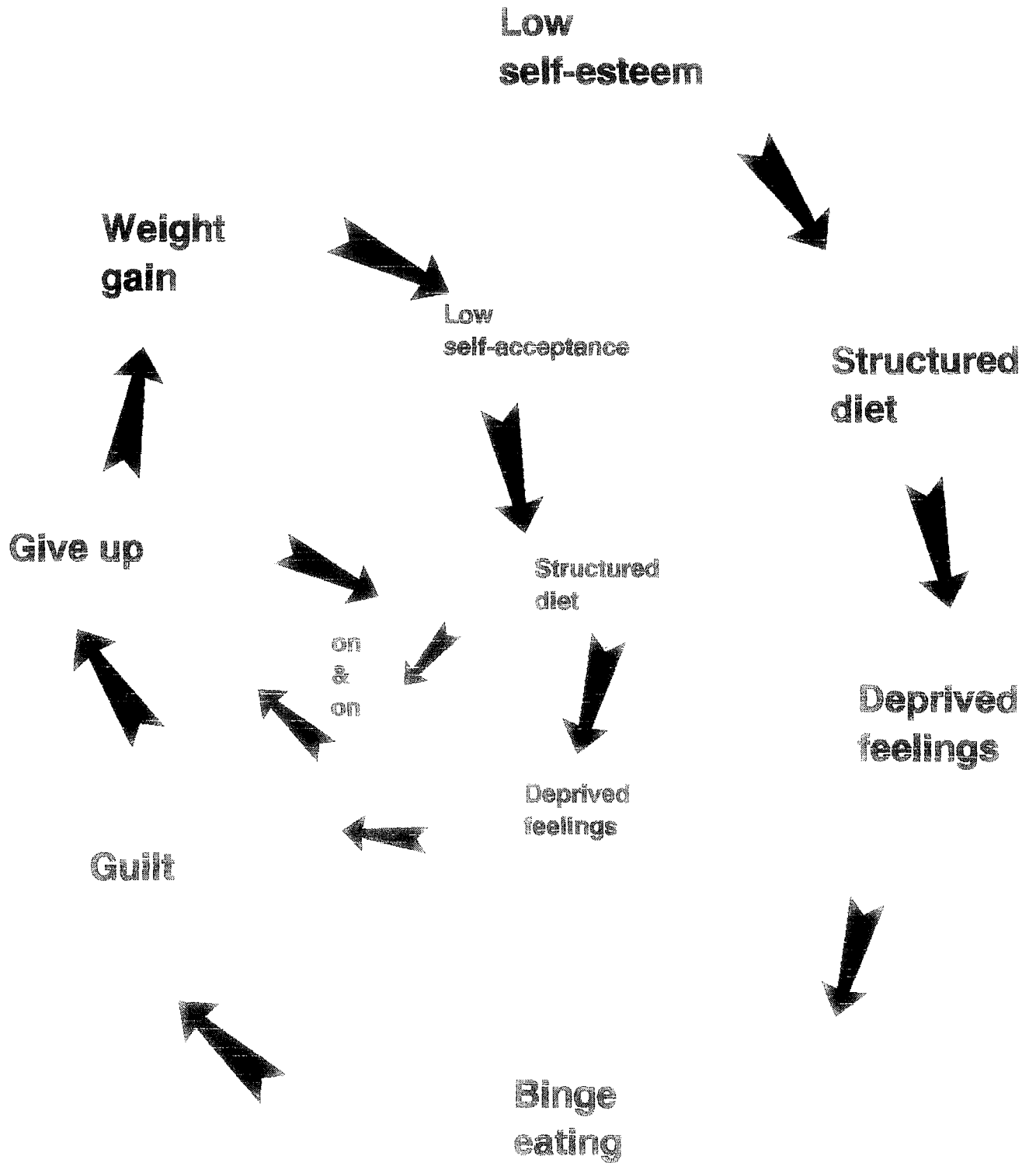


VIGILANT DIET CYCLE



Negative attitude

HEALTHY LIVING

Self-acceptance



Feeling better



Self-confidence



Active living



Self-nurturing



Enjoyable eating



Lifestyle shift



Positive attitude