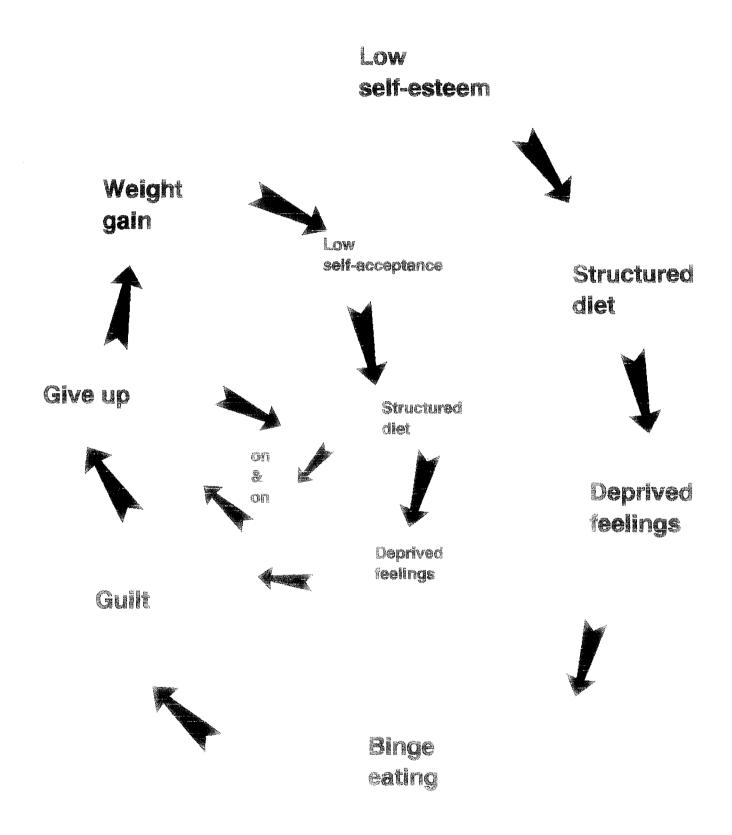
## VICIGUS DIET CYCLE



## HEALTHY LIVING

Self-acceptance

Feeling better

Self-confidence

Active living

Self-nurturing

Enjoyable eating

Lifestyle shift

Positive attitude