



Molly B Duncan
HEALTH COACH

28 Healthy Tips

1. Make Sleep Sacred.
2. Take a Hot Bath.
3. Laugh. A Lot.
4. Practice Gratitude.
5. Cook Once, Eat Twice.
6. Keep a Journal.
7. Cultivate Connection.
8. Take a Walk.
9. Behold the Power of the Lemon.
10. Break Up with Sugar.
11. Cook Your Own Food.
12. Travel Well.
13. Create Some Love Hormone.
14. Date Your Partner/Spouse/Friend.
15. Rest.
16. Get Spicy with Ginger.
17. Drink More Water.
18. Just Breathe.
19. Find Exercise You Love.
20. Implement Exercise Accountability.
21. Surrender.
22. Plan Meals.
23. Fat Is Your Friend.
24. Prioritize Self-Care.
25. Chew Your Food.
26. Know Why You Eat What You Eat.
27. Eat Green Vegetables.
28. Know What Healthy Is Not About.

Visit **www.MollyBDuncan.com** for more tips
to live well, eat well & travel well!