



Terms and Conditions

LEGAL NOTICE

The Publisher has strived to be as accurate and complete as possible in the creation of this report, notwithstanding the fact that he does not warrant or represent at any time that the contents within are accurate due to the rapidly changing nature of the Internet.

While all attempts have been made to verify information provided in this publication, the Publisher assumes no responsibility for errors, omissions, or contrary interpretation of the subject matter herein. Any perceived slights of specific persons, peoples, or organizations are unintentional.

In practical advice reports, like anything else in life, there are no guarantees of income made. Readers are cautioned to rely on their own judgment about their individual circumstances to act accordingly.

This report is not intended for use as a source of legal, business, accounting or financial advice. All readers are advised to seek services of competent professionals in legal, business, accounting and finance fields.

You are encouraged to print this for easy reading.

Health And Wellness Affirmations - Video Affirmations For Attaining Optimal Health

I've the power to control my health.

I'm in control of my health and wellness.

I have abundant energy, vitality and well-being.

I'm healthy in all aspects of my being.

I don't fear being unhealthy as I know that I control my own body.

I'm always able to maintain my ideal weight.

I'm filled with energy to do all the daily actions in my life.

My mind is at peace.

I love and care for my body and it cares for me.

I'm healthy, happy, and transformed!

I give myself permission to heal.

My natural state is health. I'm cloaked in energy.

My energy field shines with clear brightness.

I'm well in my thoughts and at ease in my body.

I've the stamina and energy to do all the things I love!

I'm now perfectly healthy in body, mind and spirit.

I feed my body with self-nurturing and fit nutrition.

I'm enjoying optimal health.

I'm rediscovering the art of allowing my natural wellbeing.

My health is excellent and I'm perfectly fit.

I have abundant energy, vitality and well-being.

I've all levels of energy - physical, mental, emotional and spiritual.

I have a fit spirit, mind and body.

I take 4 deep, relaxing breaths at least once each 90 minutes.

I drink a glass of fresh, good water each ninety minutes.

I do sit-ups or push-ups, and yoga upon arising every morning.

I do half-hour of vigorous walking or aerobic exercise daily.

I do strength training (including push-ups and lunges) at least 3 times a week, alternating between the muscles.

I take suitable nutrition for my body and mind.

I'm healthy, happy and radiant.

I am healthy, and full of vitality and energy.

I accept health as my normal state.

Daily in everyway, I am feeling energetic and enthusiastic.