

# HEALTH TIP



THE WIN WITHIN  
VICTORIOUS

## STICKING WITH YOUR RESOLVE

Whether it's a new year, a new month, or a new outlook – forming new habits and sticking with them can be tough. A few things to remember that can help you keep going:

- Success takes hard work, determination perseverance and an unwillingness to give up!
- Refuse to be anything but the best version of yourself.
- We all live the life that we want – if you want better, then commit to changing for the better.
- Remember, you are a born athlete (yes, YOU!) and a natural survivor – it's in your DNA!



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