

## The Heal.thy Low Back -- Where to go from here!

- YOU own this program do it again and again.
- Feel your way into your life. With every decision, you need to make, ask yourself, “Will doing this make me go toward joy?” If so, do it -- if not don't!
- When you catch yourself feeling depressed, anxious or overwhelmed recognize how you feel and do your Emotional Guidance System meditation.
- Get on your mat, roll on your balls and move every single day, especially when you don't feel like it. Check out the [Ageless Movement Practices Membership](#) to receive a new practice every week that focuses on different parts of your body, mind, and spirit. They will keep your whole body healthy.
- Use your gifts and talents to create the life of your dreams.
- Make yourself a priority in every moment. That's the best way to take care of anyone else.
- Say, “I love you” to your lower back every day.
- Take breaks during your day to breathe deeply, move, stretch and let go.
- Enjoy your life!! It's the only one you've got!!