

A healthy life choice for you will probably look pretty different than a healthy choice for someone else.



flow

Just like how everyone has different allergies!

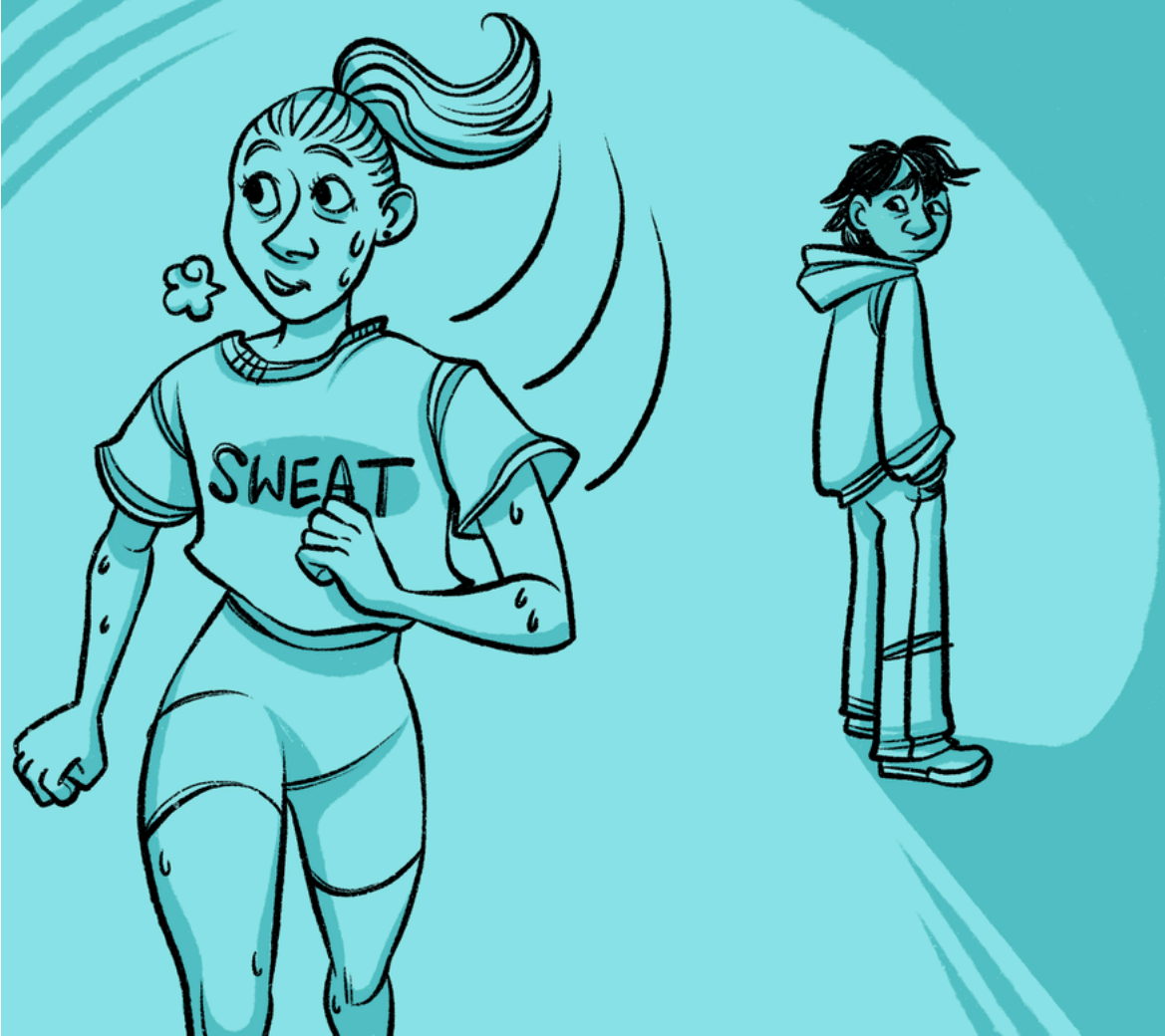


What might be a
yummy peanut butter
& jelly sandwich
to you...



... might be
straight up poison
to someone
else.

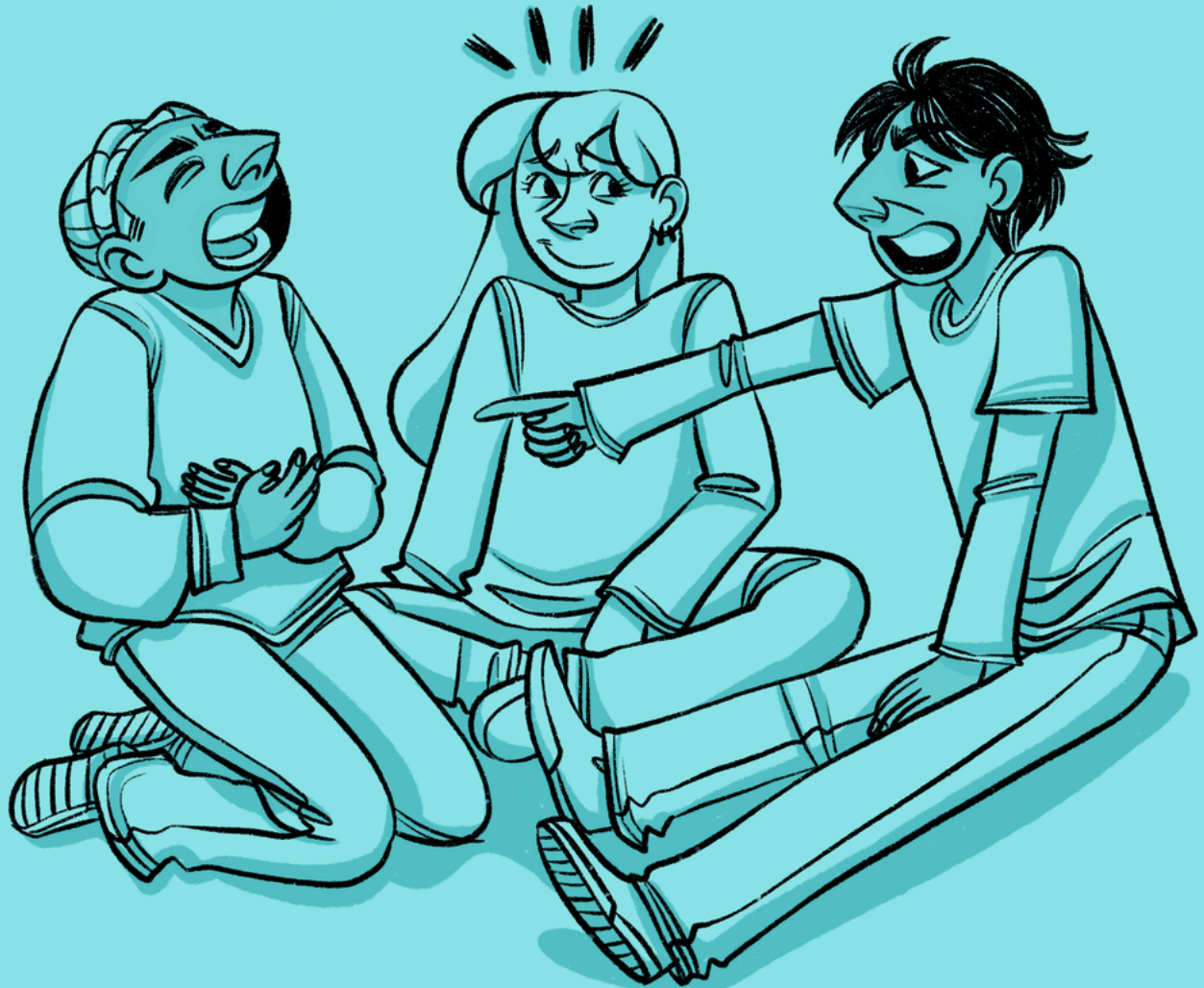
Or like how going for a run might be a healthy way to get exercise for one person...





...but a triggering choice for a person who struggles with disordered eating and body image.

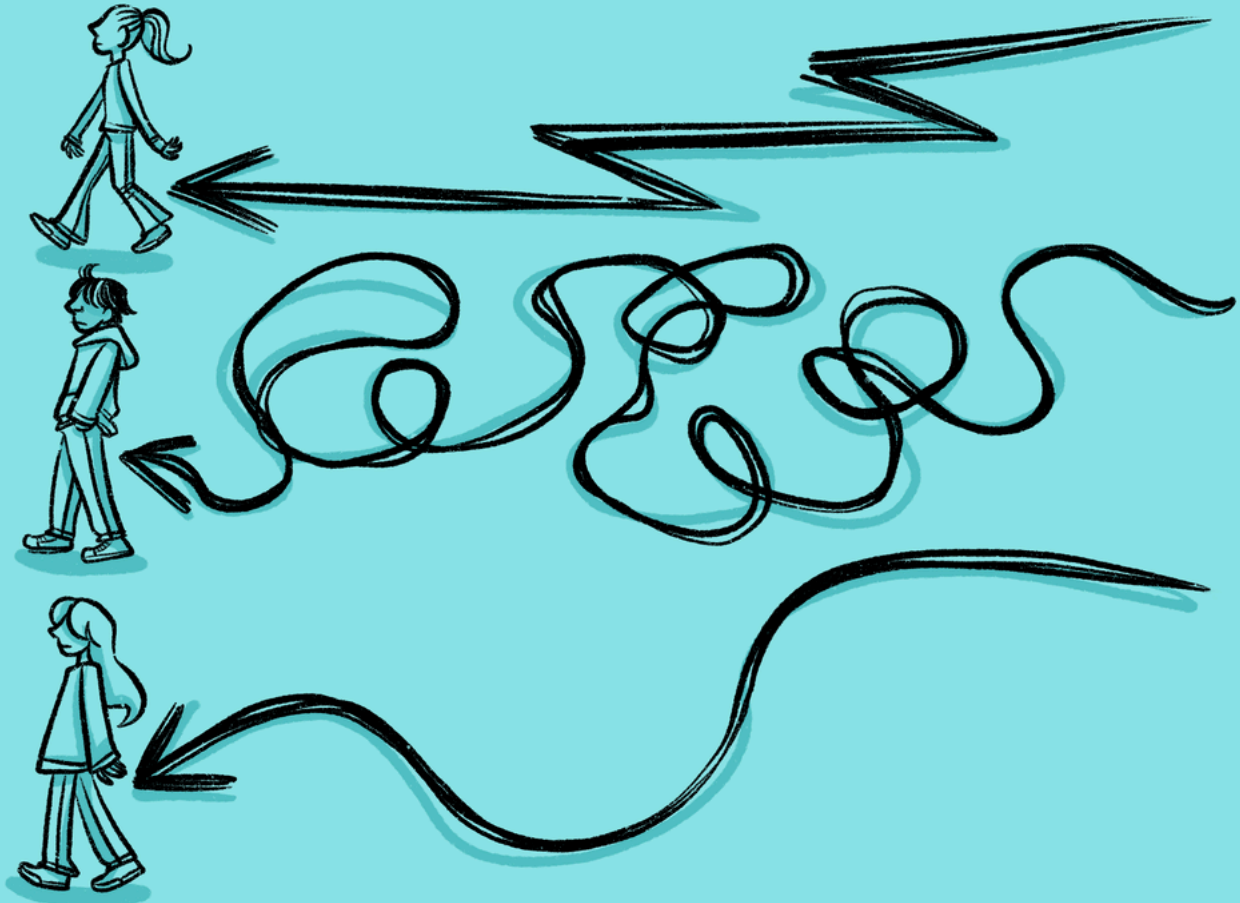
Or even how after a tough day for someone else, time with friends might be what's needed.





...but to you, seeing people after a hard day is overwhelming and you'd rather take time by yourself.

There is no "one size fits all" solution person to person, or even day to day. We all have such unique needs and experiences,



and comparing them is a waste of time.