The TOPS Ten Paths to Success

Traveling along “The Road to Success” requires diligence. These suggestions serve as a map to overall health and wellness.

1. **Buckle up.** Always wear seat belts when traveling in a motor vehicle.

2. **Extinguish it.** Don’t smoke—anything.

3. **Waist removal.** Manage your weight and waistline.

4. **Use premium fuel.** Avoid fast food, fatty foods, and unnatural food additives.

5. **Accelerate.** Even a little bit of exercise helps your body’s flexibility and function.

6. **Out and about.** Spend at least 15 minutes outdoors each day for fresh air and sunshine.

7. **Chart your course.** Take time each day to review your goals, collect your thoughts, and meditate or pray.

8. **Keep a clean vehicle.** Nurture good relationships with family and friends. Positive interactions yield extended life, improved health, and increased happiness.

9. **Stay on the road.** Believe in yourself and others. Have faith that you will succeed, despite any obstacles along the way.

10. **Maintenance.** Treat your body like a gift. You are ultimately responsible for your own health and wellness. Nobody can do it like you!