Defy the Odds!

Do you ever remember being determined to do something you had been told not to do? Maybe when you were a teenager? Rebellious teenagers aside, a spirit of defiance can be a great motivator in pursuing your health and financial goals. Defying the odds creates a sense of control that can lead to successful behavior change.

Financial statistics to defy:
• The average U.S. household carries credit card debt of more than $7,000. بت
• Households are saving only about 1% of income.

Health statistics to defy:
• Nearly half of adults don’t get the recommended 150 minutes of exercise per week.
• Two-thirds of Americans are overweight or obese.

Tap into your rebellious nature to motivate positive behavior change. Defying the odds can help you reach personal finance and health goals.

Learn more strategies for success with Small Steps to Health and Wealth.
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