

# Sustainable Lifestyle

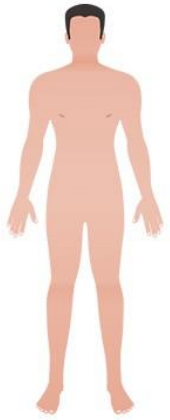
Saving the Earth begins with Saving Yourself



What is a Healthy Body?

# What is a Healthy Body?

## Body Systems



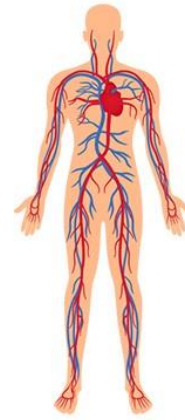
Integumentary System



Muscular System



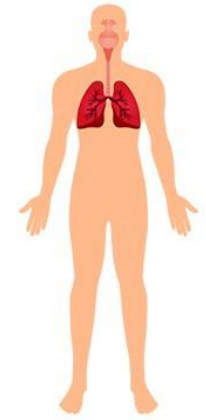
Skeletal System



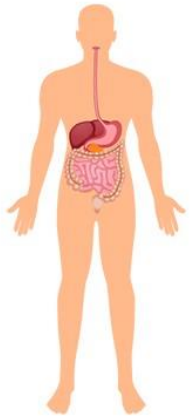
Cardiovascular System



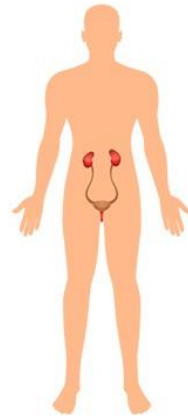
Nervous System



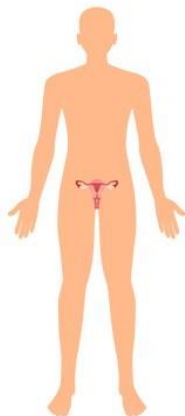
Respiratory System



Digestive System



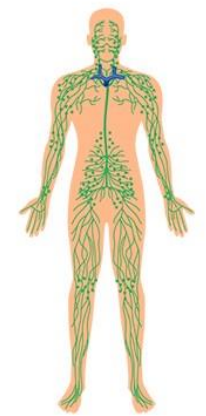
Urinary System



Reproductive System



Endocrine System



Lymphatic/Immune System

# What is a Healthy Body?



When we create pleasantness to our whole body  
When our whole body works in optimum efficiency



What is the relationship of a  
healthy body with a healthy soul?



# What is a Healthy Body?

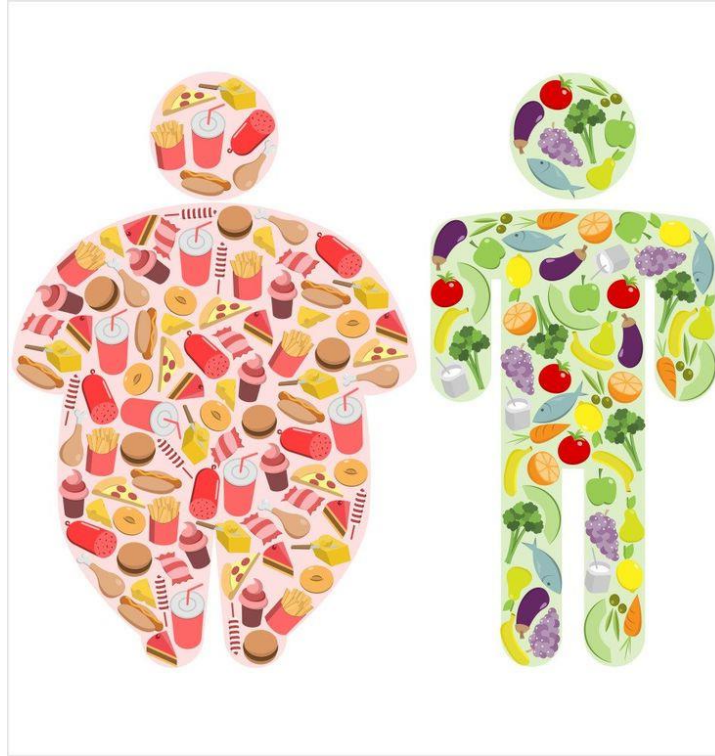
When we create PLEASANTNESS to our

- Body ... Health and pleasure
- Mind ... Peace and joy
- Emotion ... Love and compassion
- Life energy ... Bliss and ecstasy



What is the relationship of a healthy body with protecting nature?

What is the relationship of a healthy body with protecting nature?



**We are natural beings. We belong, are part of, and are one with NATURE.**

**We can not give what we don't have.**



**If we don't have the ability to care for ourselves, how can we care for the environment?**



What is the  
relationship of a  
healthy body with  
protecting nature?

Our body is the accummulation of the nature that we consume



What is needed to start a healthy lifestyle?

What is a needed to start a healthy lifestyle?

The acceptance that our habits (lifestyle) have not been going in the same direction as our desire, need, and want to be healthy.

That our habits have not been giving enough pleasantness to our body.

And act upon it. Just do it.

What is the potential / hope for  
fitness in Indonesia?

What is the definition of  
Happiness?

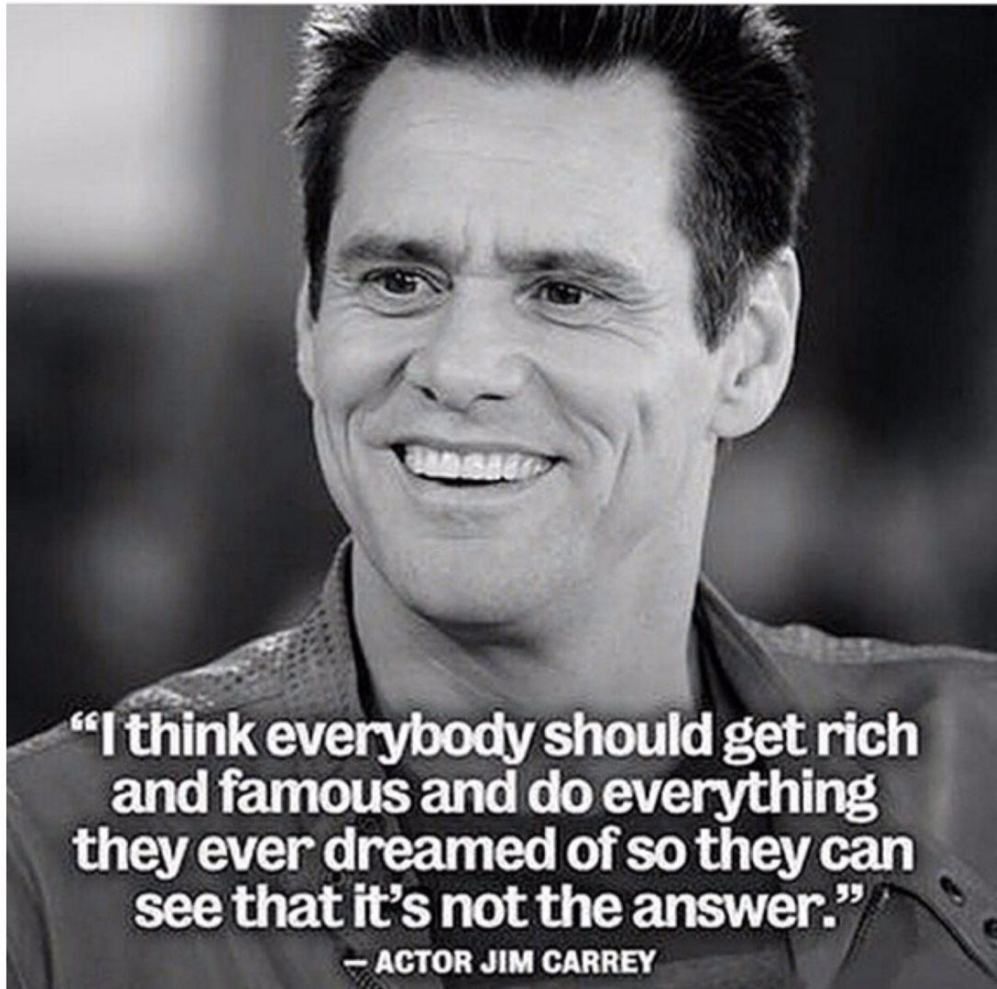


## What is the definition of Happiness?

- Secret of living is GIVING
- The ability to choose how we respond to things or events
  - More gratitude
  - Less disappointments
    - Expect less.
    - With the remaining expectations, lower the standards.

## What is the definition of Happiness?

Happiness has nothing or very little to do with achieving our goals or bucket list



"HAPPINESS IS A JOURNEY, NOT A DESTINATION; HAPPINESS IS TO BE FOUND ALONG THE WAY NOT AT THE END OF THE ROAD, FOR THEN THE JOURNEY IS OVER AND IT'S TOO LATE. **THE TIME FOR HAPPINESS IS TODAY NOT TOMORROW.**"

- PAUL H DUNN



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*Thank You!*

