

Starting a Healthy Lifestyle is Easier Than You Think

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We are pleased to welcome you to Edición No. 1 of the De Las Mías online revista! Each edición features articles and recipes to inspire and inform you to start a healthy, balanced lifestyle.

Start a healthy lifestyle. Go from thinking to doing.

Here are articles that will help you move into action:

- [Ready to Start a Healthy Lifestyle? ¡Orale, Pues!](#)
- [Healthy Changes: Don't Go It Alone—Tell Your Comadre](#)
- [Poquito de Todo Philosophy](#)
- [Get Started with Physical Activity](#)

Moderation is the key to a balanced life. We know from our own experience—and the experiences from our comadres—starting a healthy lifestyle is easier than you think.

Ready for a healthy, balanced lifestyle?

Ready to get started? Click [here](#) for the next article.