



# *A Letter from Your Heart*

## *How are you?*

**It's been a long run** for me so far...and I am truly up for more in the coming years ahead.

**But at same time**, I'd really like to get more help from you from time to time.

**Not wanting to put you** on a guilt trip, but sometimes it gets pretty rough for me in here.

**When those difficulties** come from the choices you make, when you take me to places where you get nervous and anxious.

**That's when you lead me** into thinking that something terrible is going to happen...and that just keeps me on a "never-ending roller coaster" of stress!

**There are so many times**, I'd like to get you moving more, so I can get some regular exercise, to help strengthen all my muscles.

**You don't seem** to be up for that, though, most of the time.

**And all those foods** you're eating, create so much garbage, that's building up in all of your arteries and veins, that send "not so perfect" blood for me to handle.

**That's really hard on me too!**

**I hope you will listen** to me today and gain a greater appreciation for me, and all that I do for you.

**Trust me**, I will be there for you.... but you need to be there for me, too.

**Remember this one thing . . .** you're the only one I'll ever have and, I am the only one you're ever going to have.

***Let's do this... together!***

