

# **Learning to Eat Healthy is a Way of Life**

written by CPH Insurance | June 17, 2016

We've all heard the phrase, "way of life." Living in a certain culture or region presents a certain way of life; the city, for example, as opposed to the country; the East versus the West. We also develop our own personal views on how we go about our daily "way of life:" how we work and play, how we spend our free time and how we eat and exercise.