



“With Sobriety Anything is Possible”

“LIFESTYLE OF RECOVERY”

- ❖ Recognizing that substance abuse ruins lives.
- ❖ Wanting to pursue positive alternatives to substance abuse such as our education, employment, quality relationships and health and fitness.
- ❖ Using resources such as friends, family, teachers, peers as a way to achieve and remain sober. Adding sports, art, or music to these resources will help us stay focused and motivated.
- ❖ Defining balance and working toward making it a part of everyday life.
- ❖ Building self-esteem and confidence through sobriety to combat negative feelings regarding one's self.
- ❖ Understanding that negative behaviors of isolation and self-pity lead to self-destruction.
- ❖ Lifting a person up is different than allowing them to continue their destructive lifestyles. Be there for yourself and be patient with your friends and family.
- ❖ Learning how to help without supporting the addict's behavior. Providing assistance to the recovering individual that will improve their lives, not further their usage.
- ❖ Recognize personal challenges and integrate them into our lifestyle as challenges to triumph over.
- ❖ Each person today is truly magnificent. Caring for our personal, emotional, physical and spiritual individuality is the source we use for our sense of worth.

Our Mission at **Racing for Recovery** is to prevent all forms of substance abuse and to provide positive alternatives for those currently battling addictions by encouraging a lifestyle of fitness and health through 5k run/walk events across the nation.

The *Lifestyle of Recovery* guidelines are to be utilized by recovering individuals, their families and anyone who is striving to avoid substance abuse and achieve sobriety.