

Find Your Pace ... FYP

Me Lite

Spam Lite is a food, or it is advertised as one.

“Me Lite “ is an attitude about life, our surroundings, or what goes on around us. It is about the day-in and day-out challenges we face, alone and/or with our loved ones.



Are you Lite, or Heavy? Do you take everything in life very seriously, or are you one of those people wearing an angry face, the one who cannot let go of grudges?

Me Lite people are those with deeply rooted principals and convictions, who are able to see the “Liter “ side of things in almost every situation.

Try making it a goal to start putting a positive spin on things, and strive each day to have more “Me Lite “ moments. By doing so, you will be happier, heathier and, as a result, live longer.