ASSESSMENT
EXERCISE
WEIGHT LOSS
SPORT
WALK
NUTRITION
TRANSFORMATION
PERFOR
TRAINING
BALANCE
NATURAL
BEAUTY
WELLNESS
BODY
ACTIVE
MOVE
SUCCESS
MARATHON
CARDIO
HEALTHY
FOCUS
POWER
ENDURANCE
PERFORMANCE
EAT
ENERGY
TRANSFORMAT
CALORIES
ASSESSMENT
MOTIVATION
RESOLUTION
PLANNING
ACHIEVE
ACTIVE
TRAINING
RUN
HEALTHY
SPORT
BODY
PLANNING
CARDIO
MOVE
NUTRITION
TRAINING
BALANCE
NATURAL
BEAUTY
WELLNESS
WALK
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RESOLUTION
BODY
ACTIVE
TRAINING
MOVE
SUCCESS
FITNESS
HEALTHY
PERFORMANCE

# understanding COLOR *Theory*

A brief understanding of color theory to help maximize your coloring pages.

## PRIMARY *Colors*

Red, yellow and blue. Primary colors are used as a base to make up all other colors.

## SECONDARY *Colors*

Orange, green and purple. Secondary colors are made by mixing only primary colors.

## TERTIARY *Colors*

Yellow-orange, yellow-green, blue-green, blue-purple, red-purple, red-orange. Tertiary colors are made by mixing primary and secondary colors.

## WARM *Colors*

Warm colors are on the top side of the color wheel and include; reds, yellows and oranges. These colors give off energetic vibes.

## COOL *Colors*

Cool colors are on the bottom side of the color wheel and include; greens, blues and purples. These colors give off a soothing, calming vibe.

## COLOR *Harmonies*

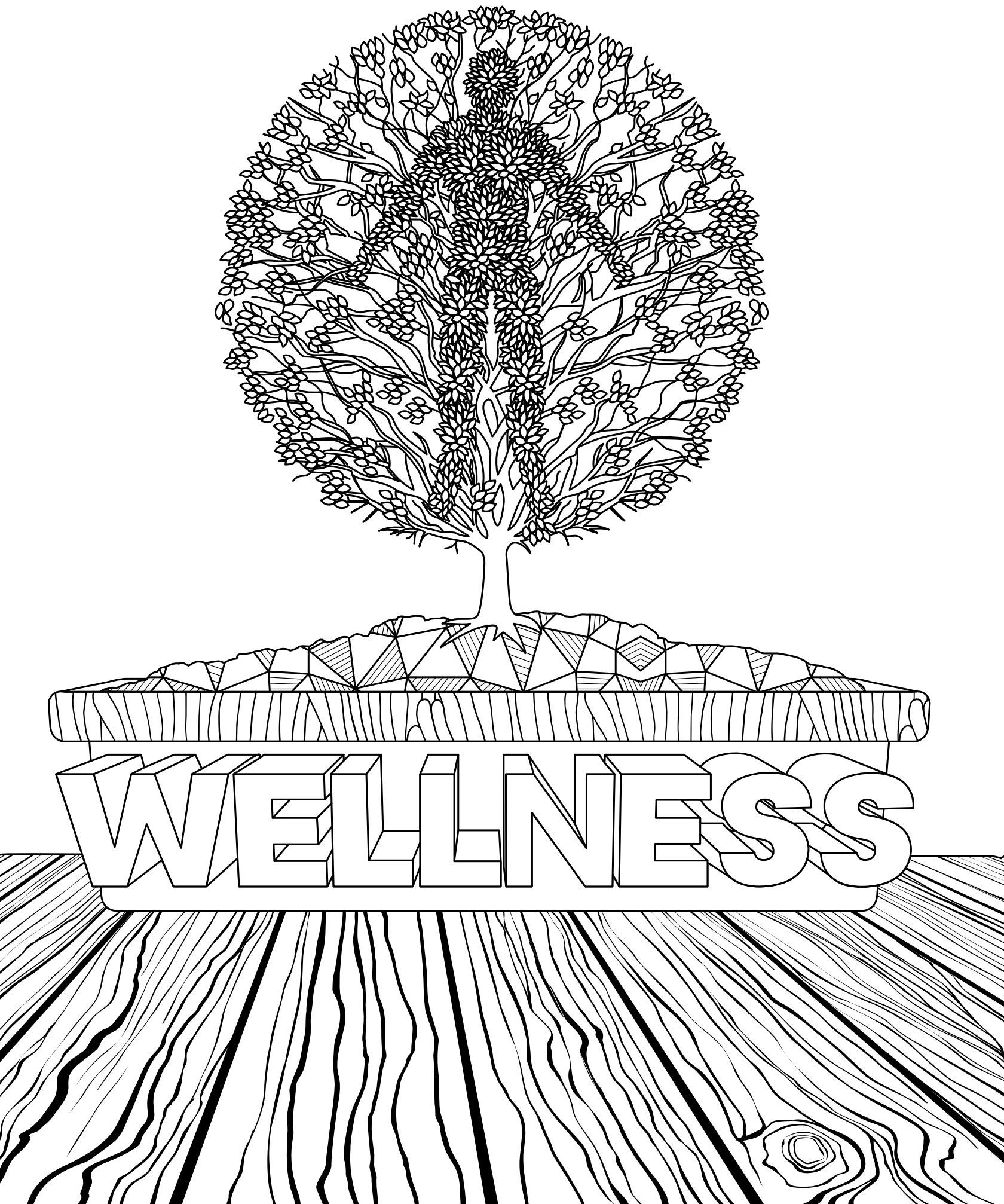
*Complementary* colors are always fun to work with, and are directly across from one another on the color wheel. For instance, the complement of red would be green.

*Analogous* colors are colors next to each other on the color wheel. These colors are harmonious and pleasing to the eye.

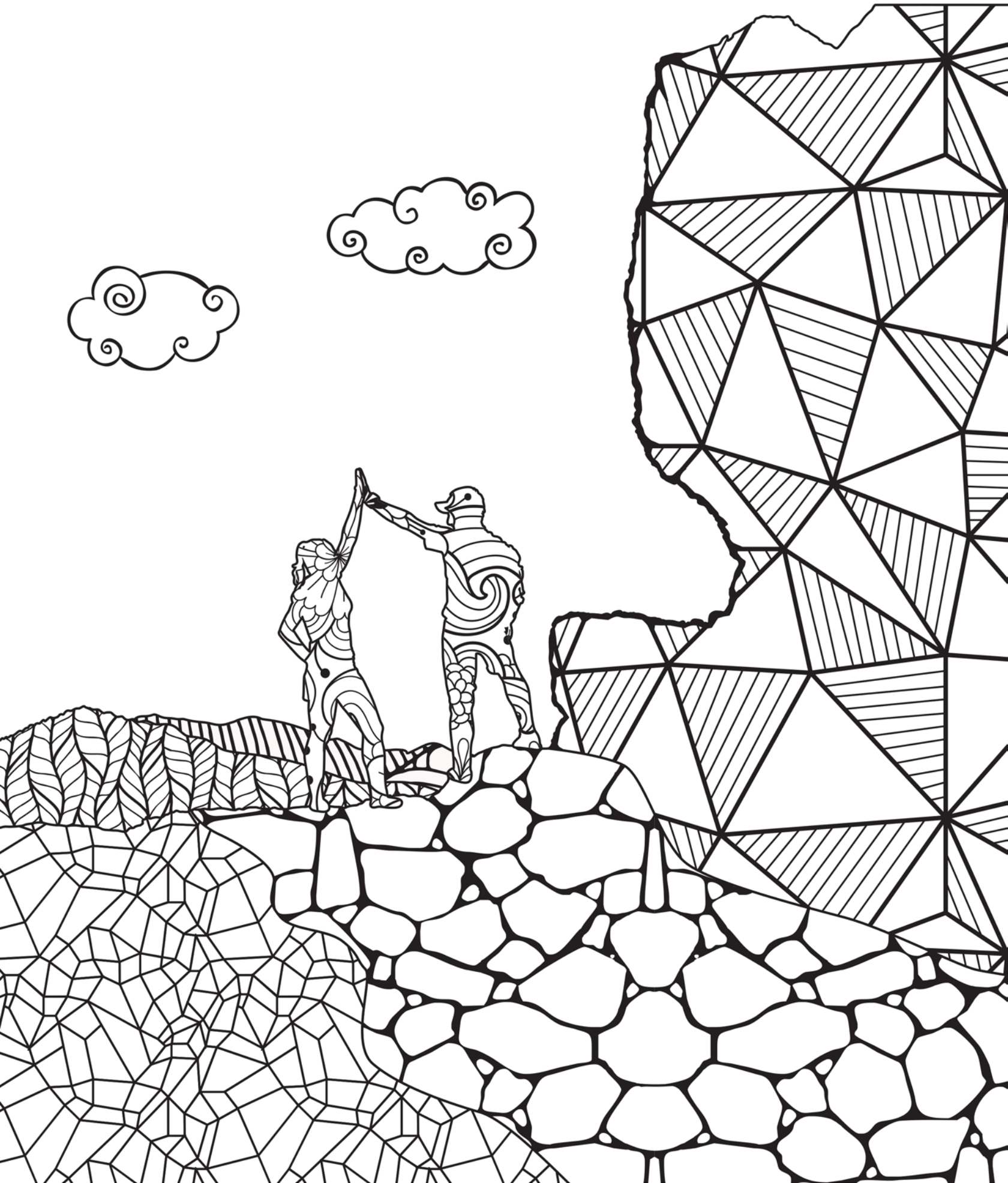
A *triadic* color scheme uses colors that are evenly spaced around the color wheel. To use this scheme successfully, one of the chosen colors should be used dominantly, while the others are used as accents.

*Split complementary* colors take a color - and instead of choosing the color directly across from it (complementary), it takes the two on either side of it!

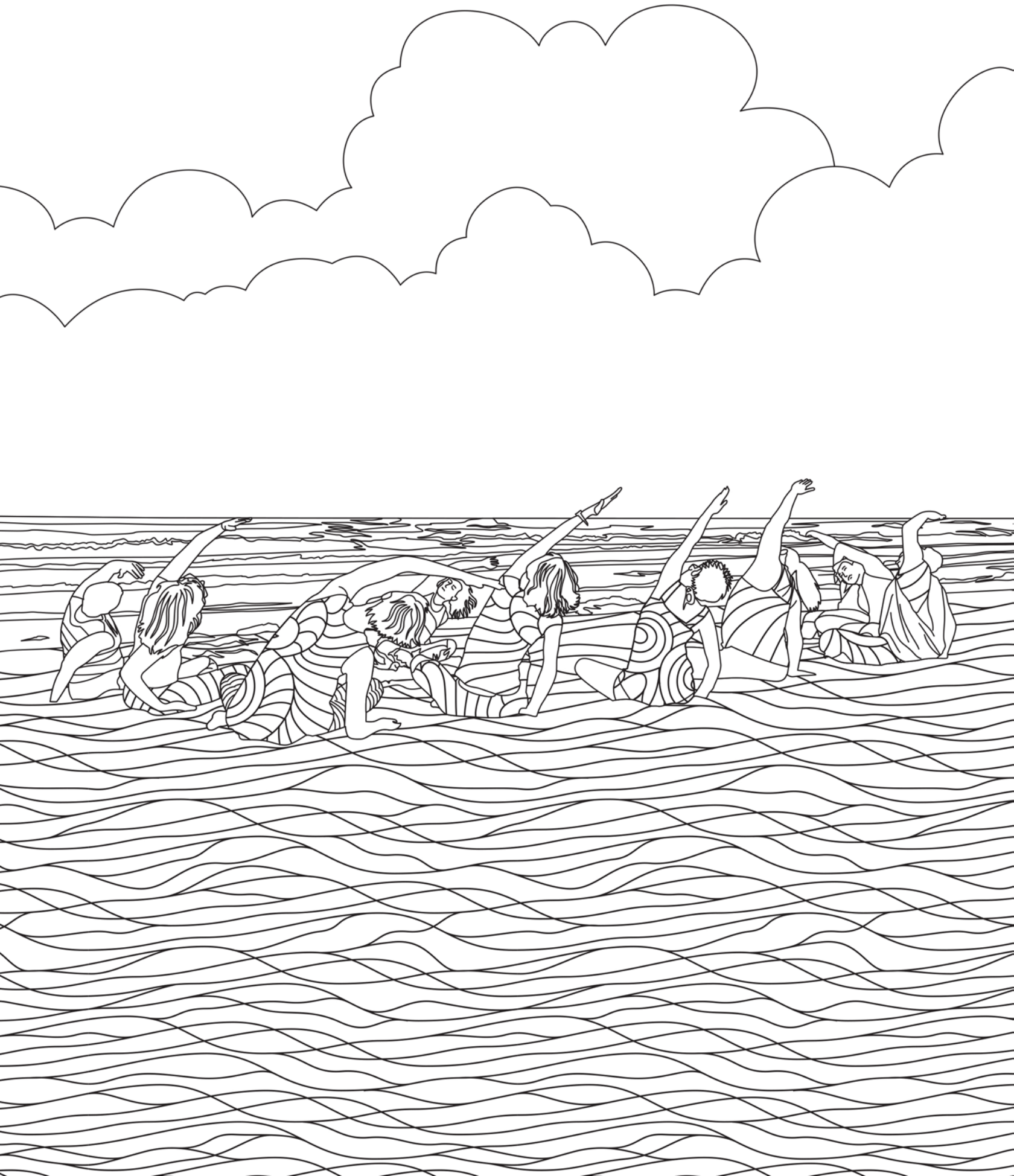
see last page for coloring tips...

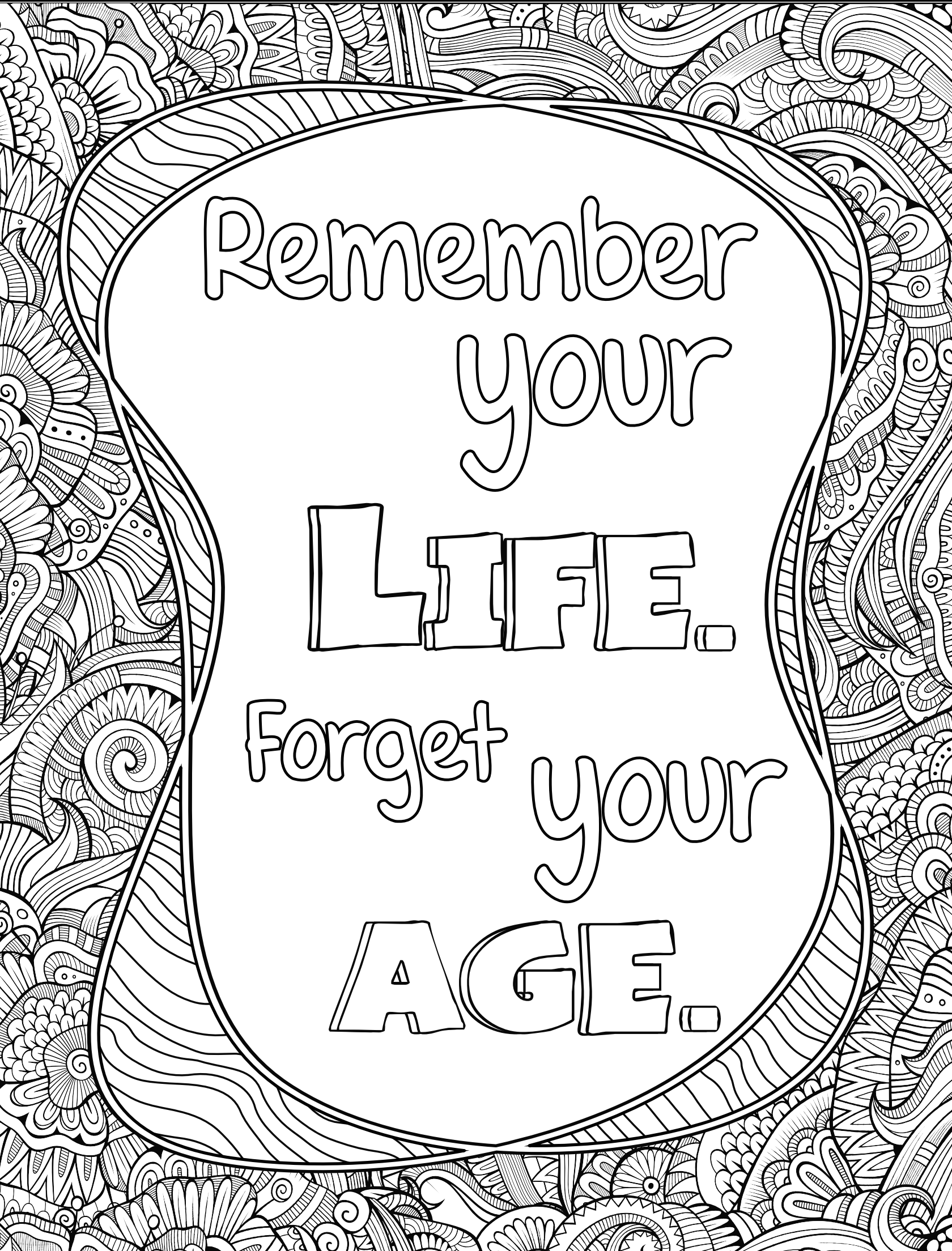

WELLNESS

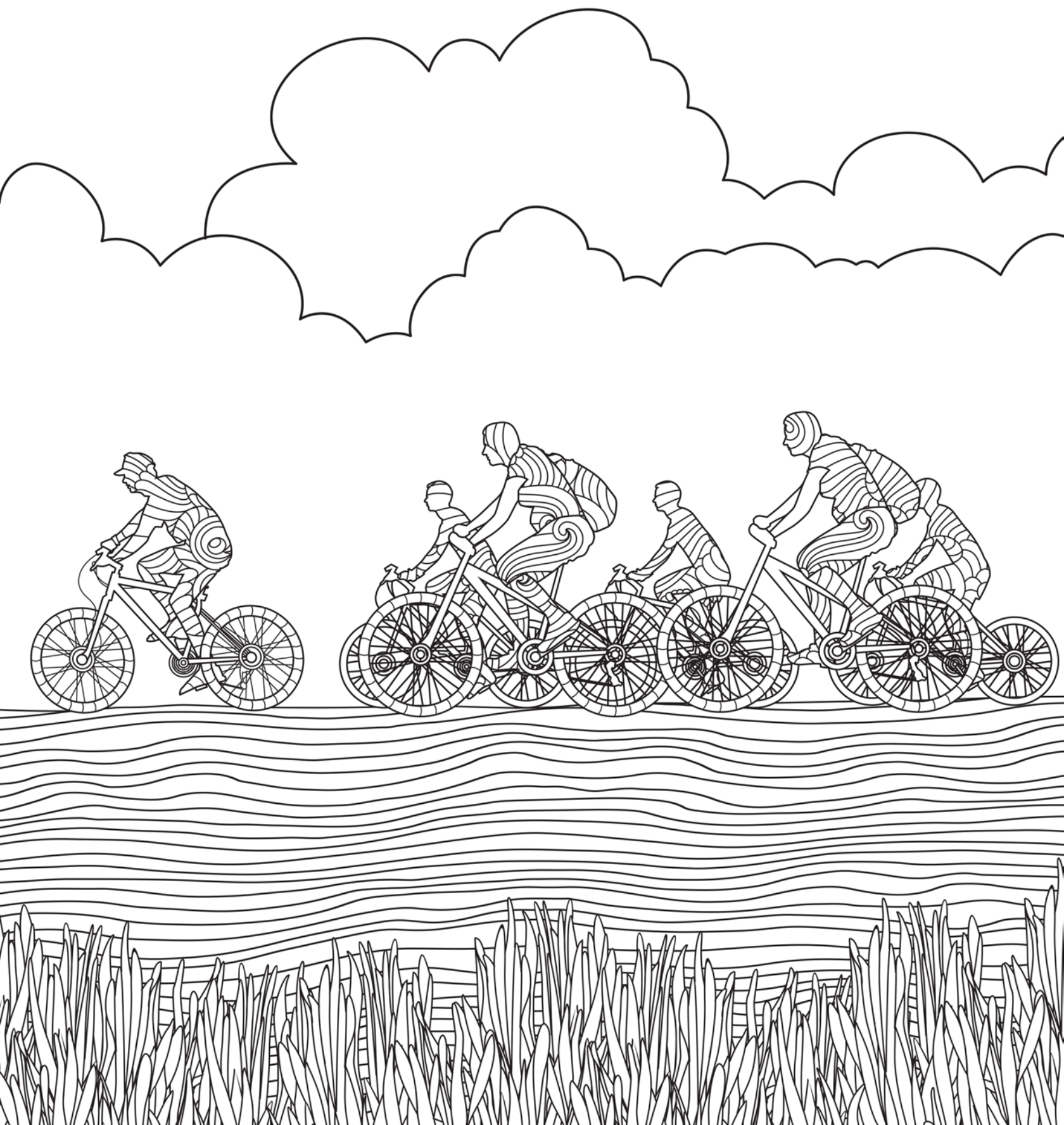
Breathe



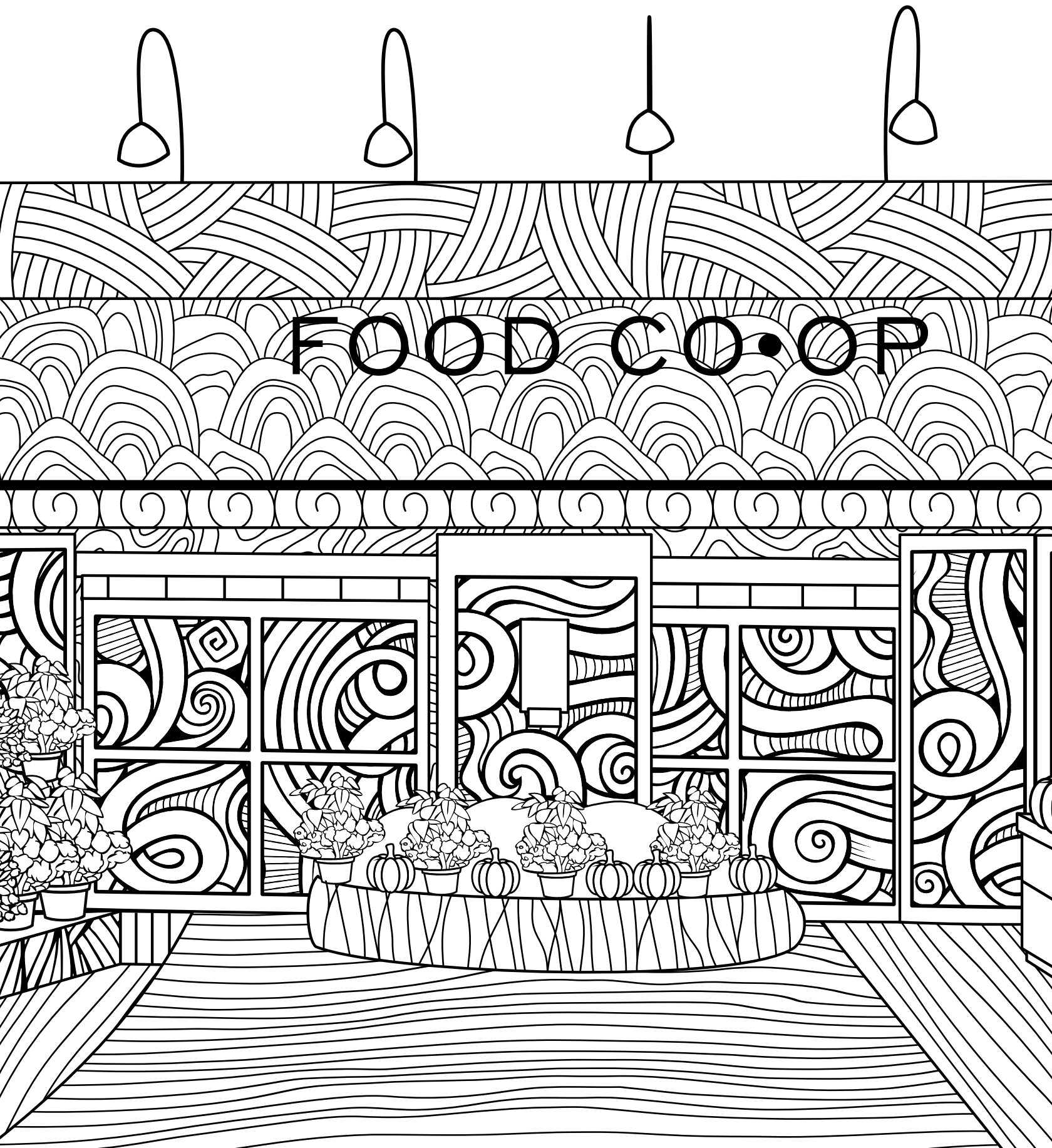
COURAGE
POWER
STRENGTH

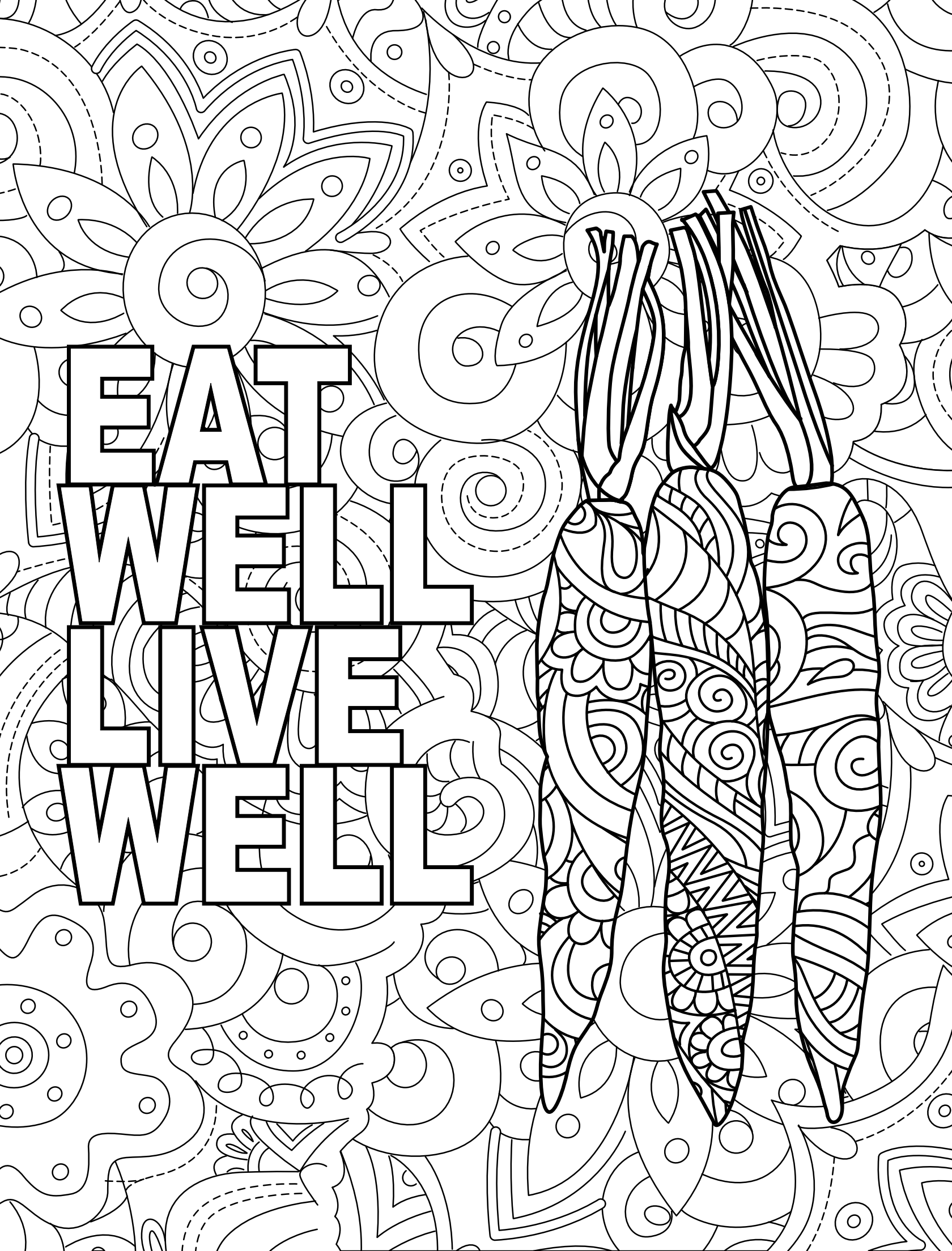



Remember your LIFE.
Forget your AGE.

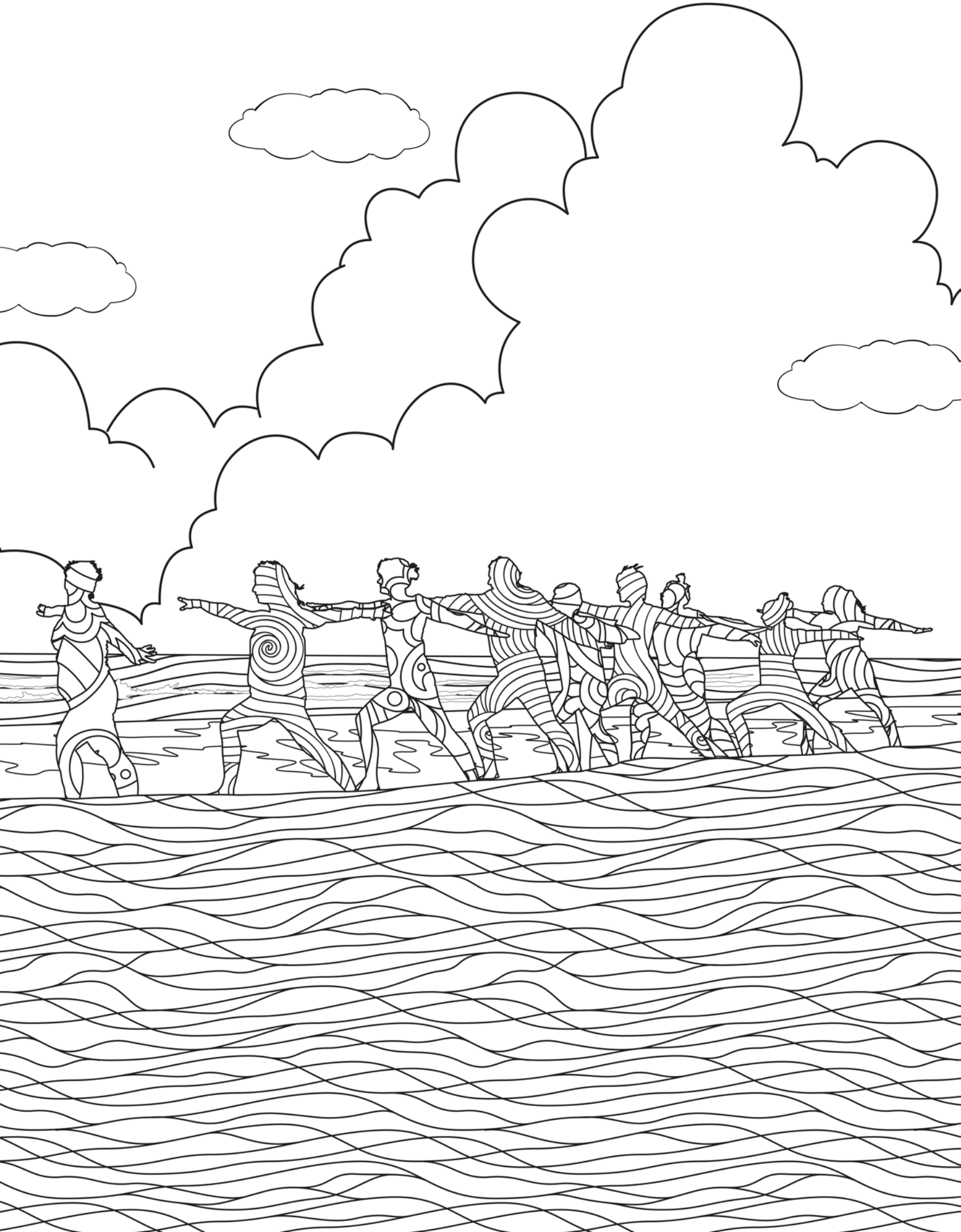


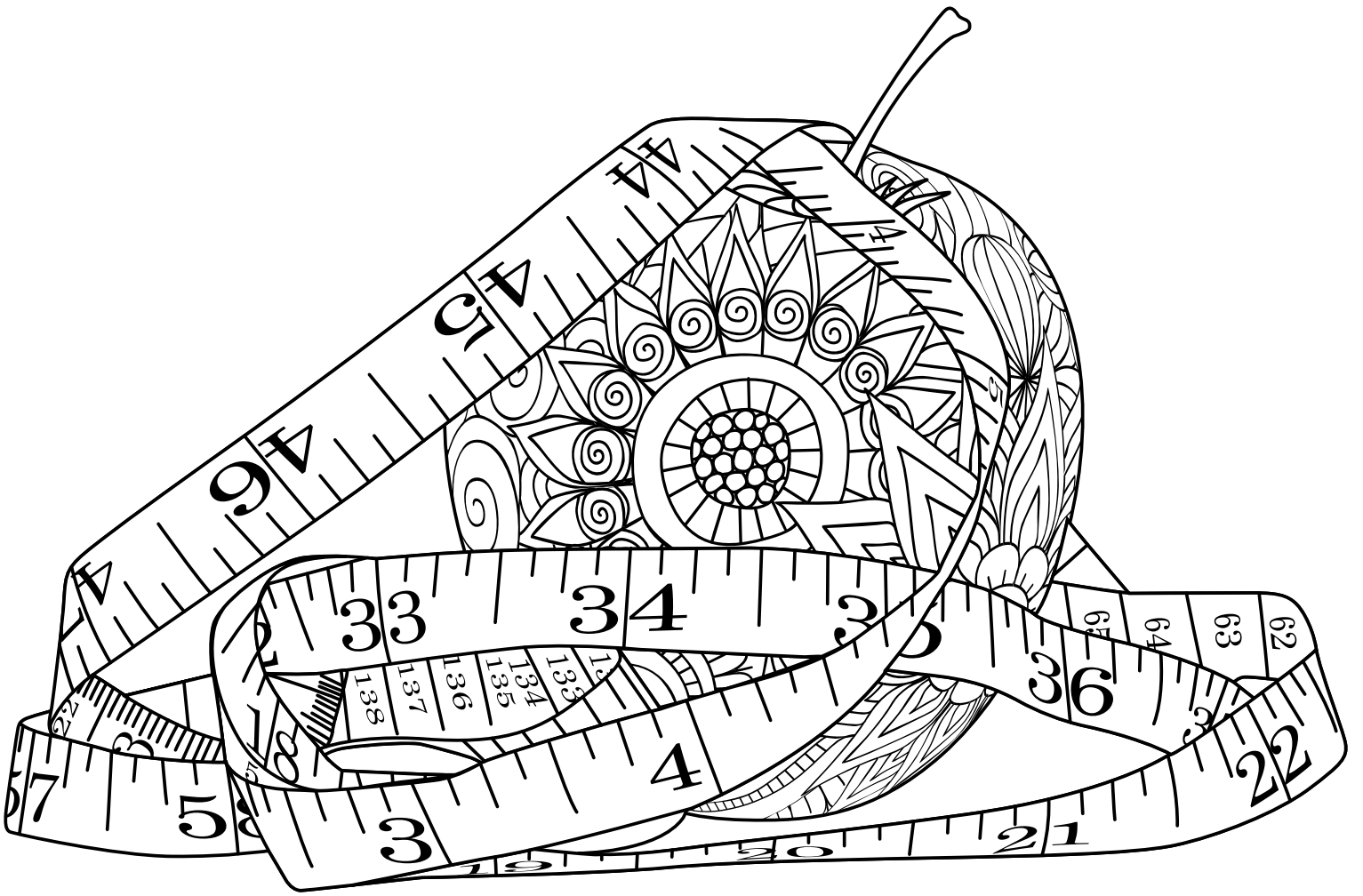
Life is
a balance
between
holding on
and
letting go


FOOD CO•OP

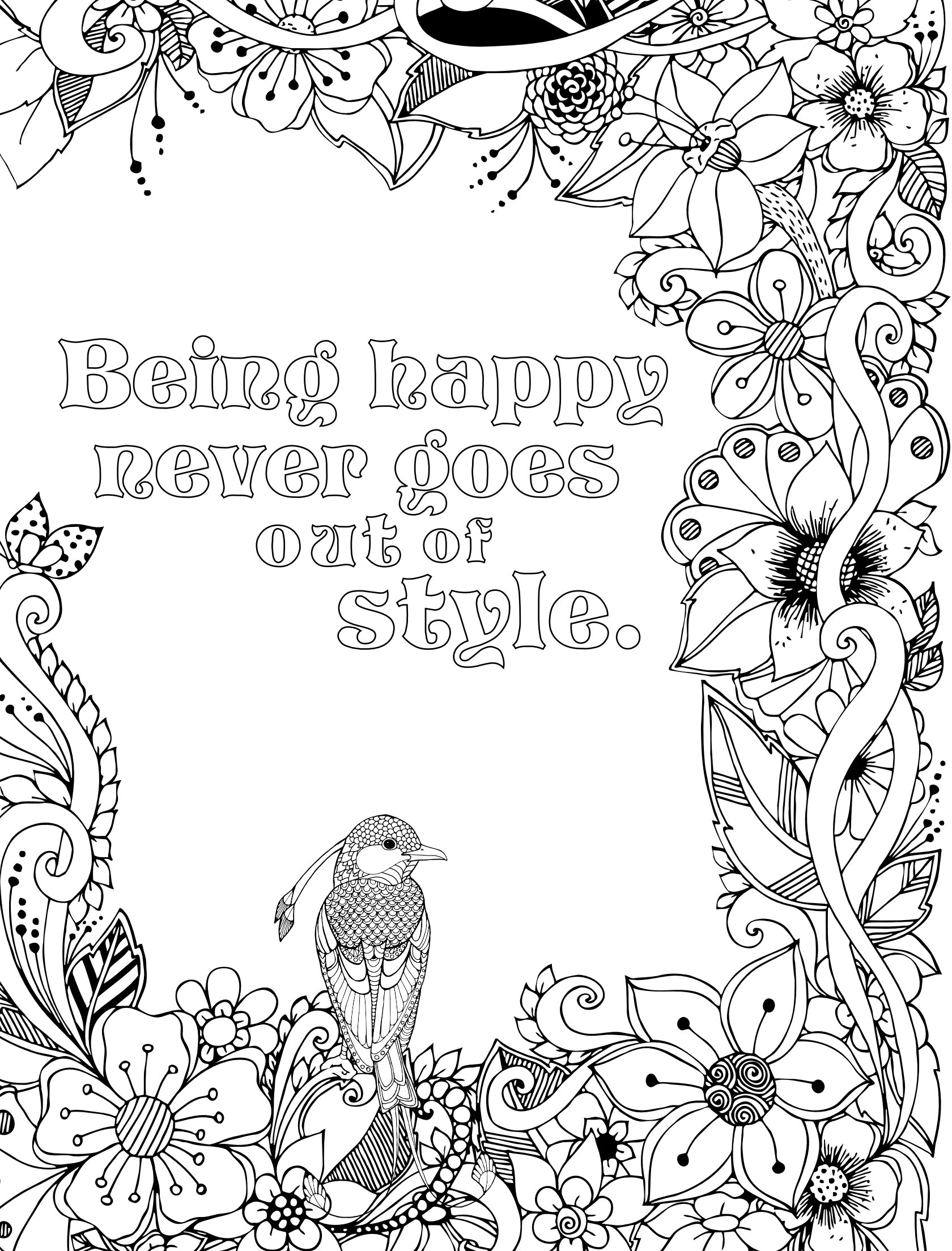

EAT
WELL
LIVE
WELL

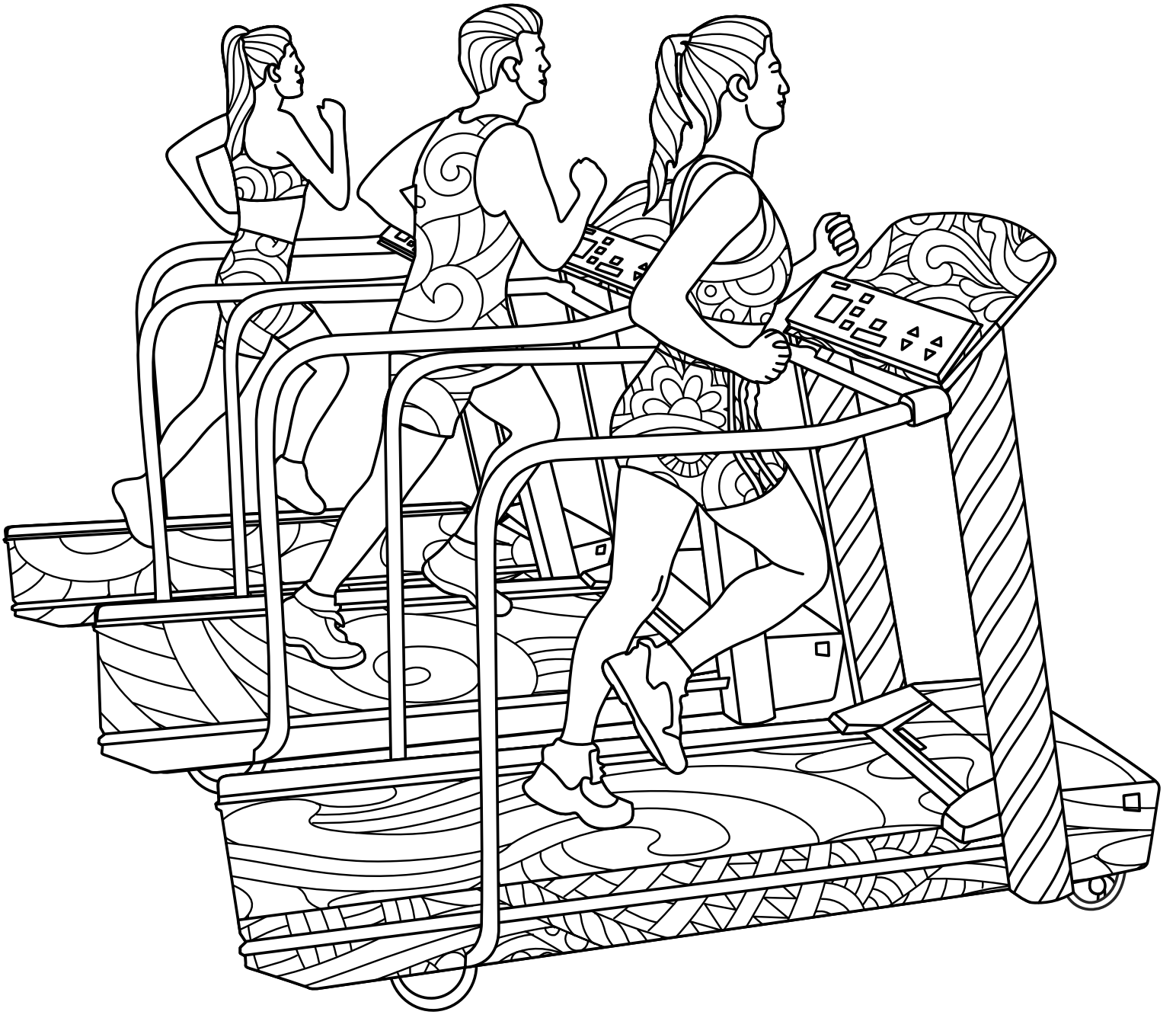
live
like someone
left the gate
open

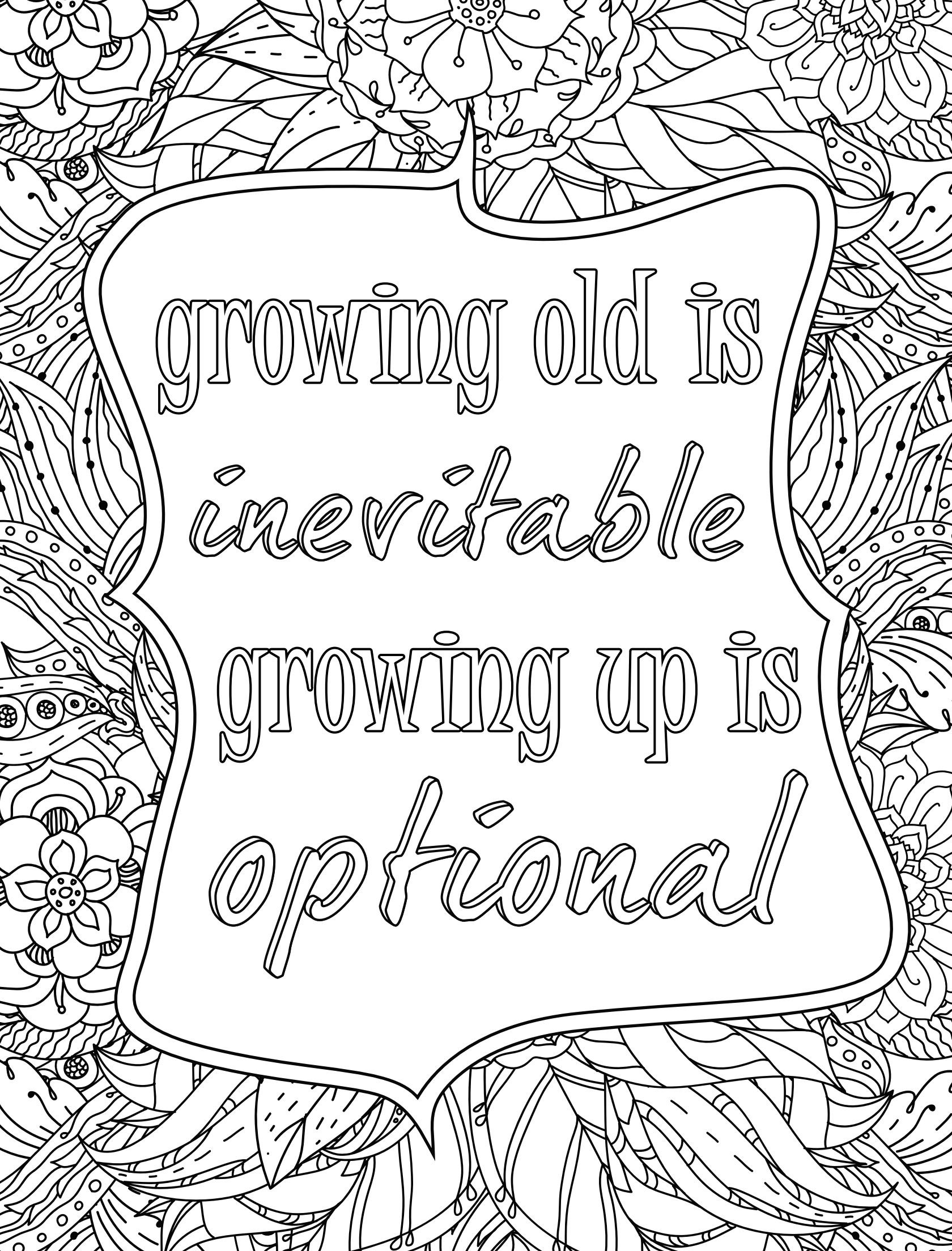


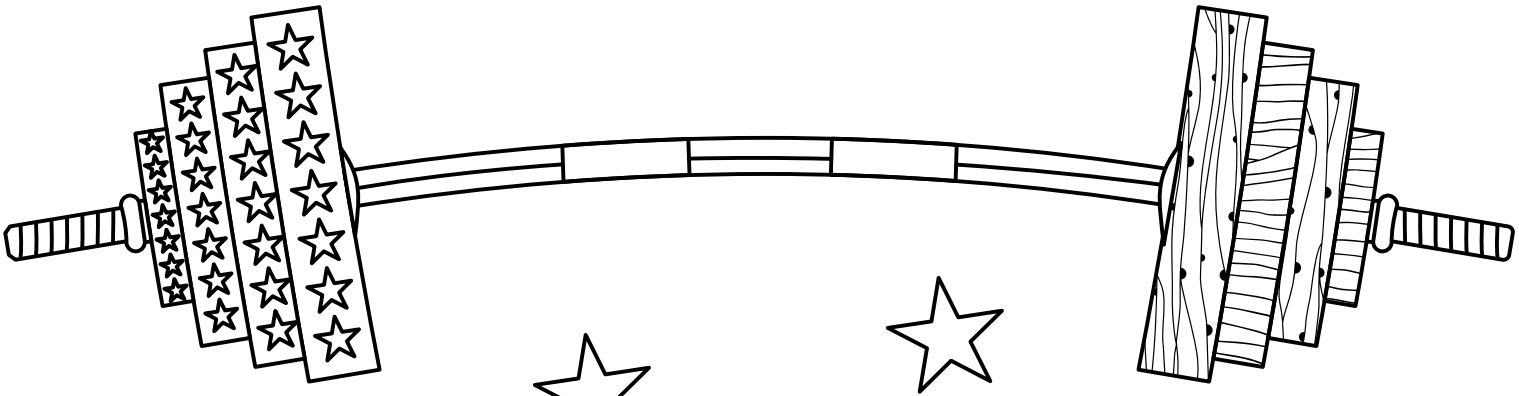


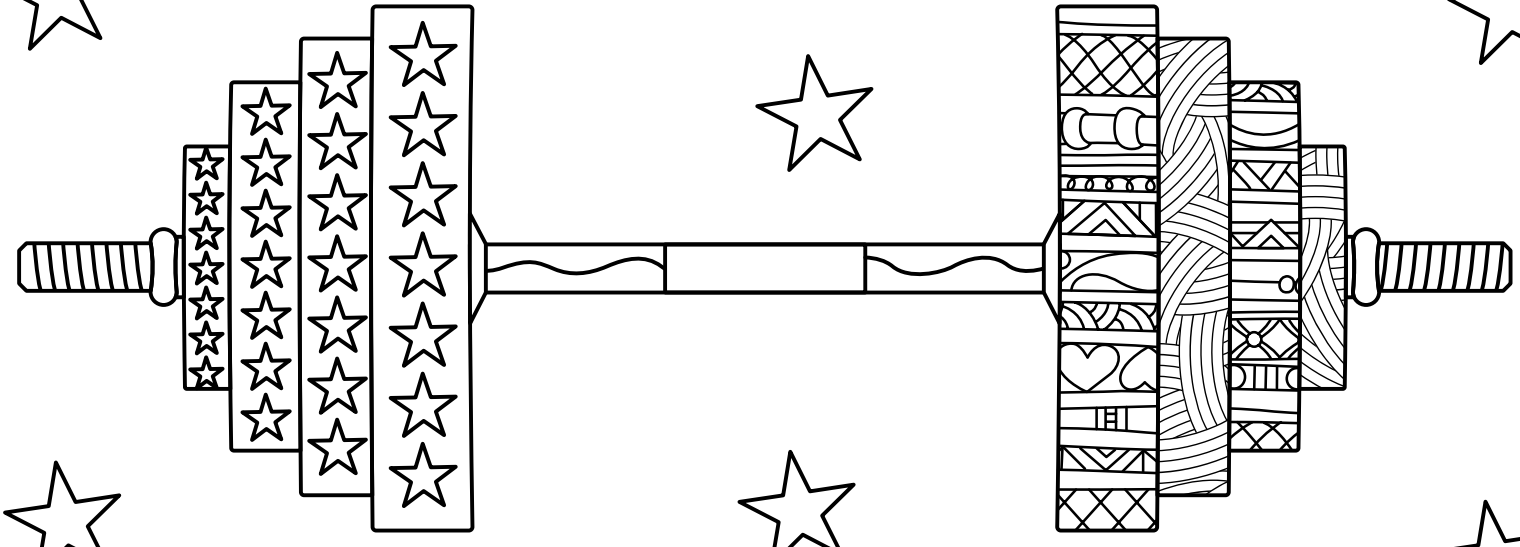
Healthy
food

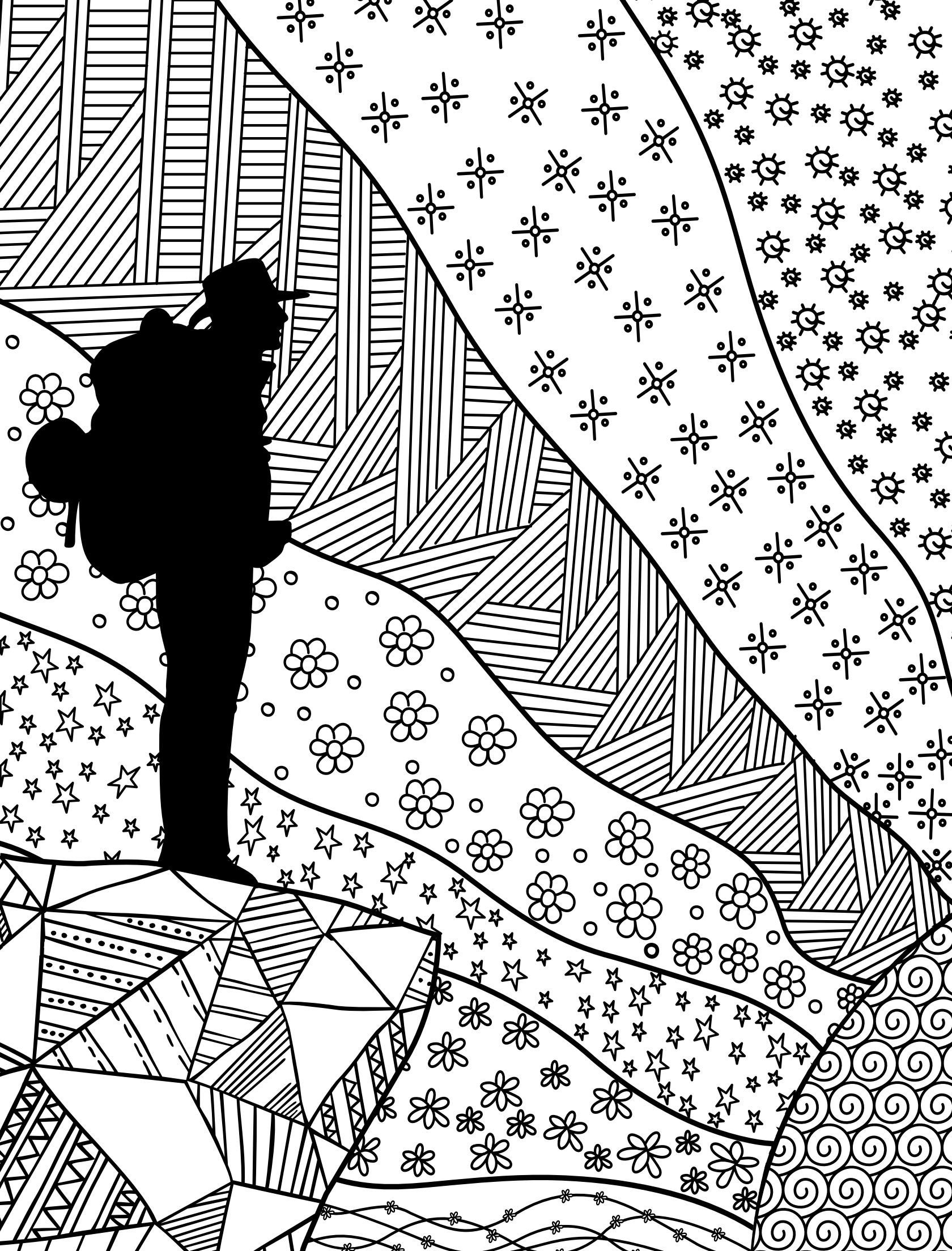

Being happy never goes out of style.

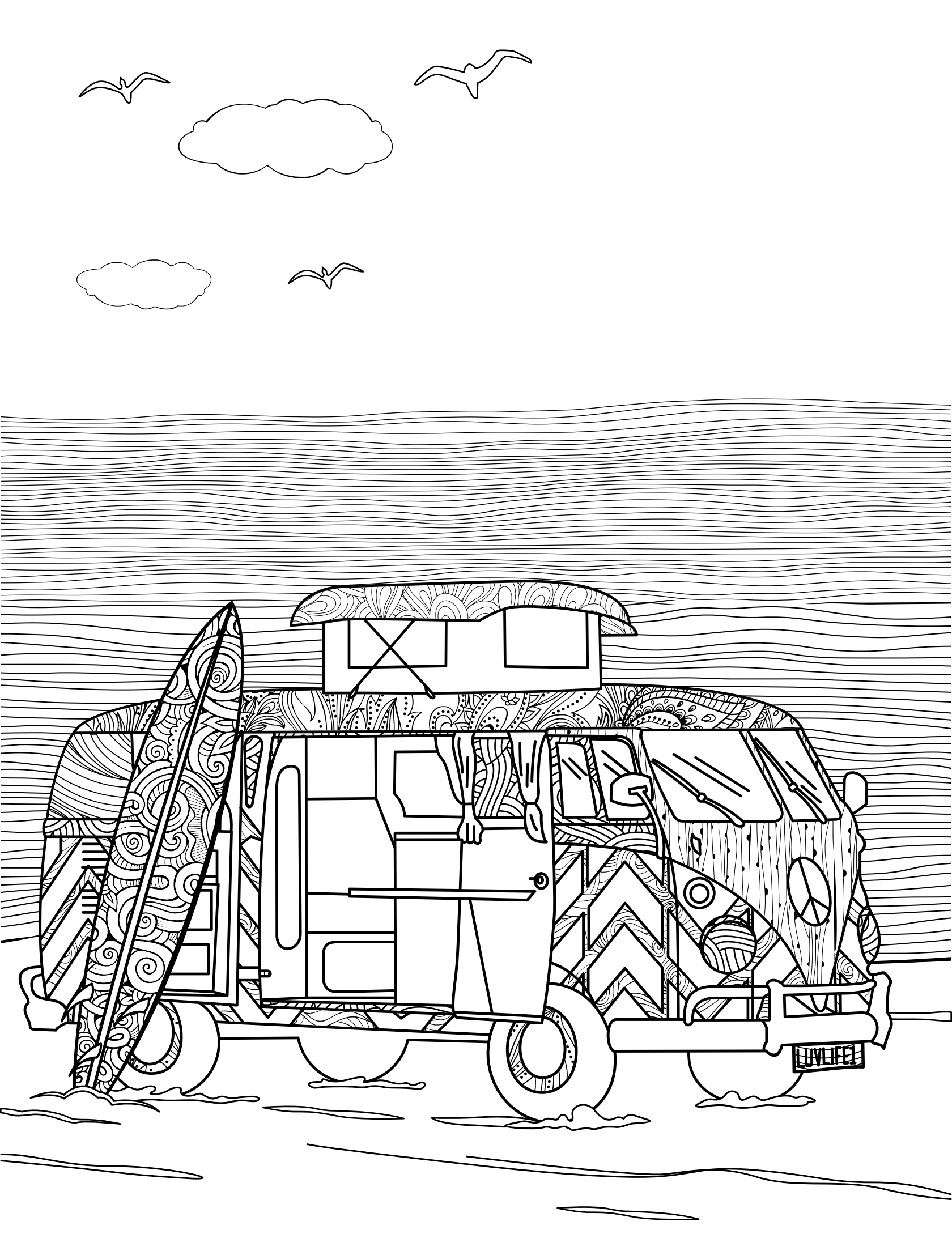



growing old is
inevitable
growing up is
optional








LUVLIFE1

# COLORING *Tips*

## EXAMPLES *of different media*

*colored pencil* *marker* *colored pencil & marker*

## *Have fun coloring with a variety of media.*

Crayons – who doesn't love reliving their childhood by smudging colored wax across beautifully textured paper?

Markers – these are a great choice for simple to challenging coloring books, they also mix well with colored pencils to create a lovely textured and dramatic feel. Markers come in a variety of shades, have precision tips and offer bright, vibrant colors.

Colored pencils – the crayon's more sophisticated cousin. Colored pencils are great for artists of any level and offer a hard, precise tip, which is easy to keep sharp. They come in many colors, and layer very well. Press softer for lighter colors and harder for a more dense, rich color. Colored pencils can be used along side other media, like markers to create a beautifully textured finish.

# 100% Sustainable!

## Even Brighter ▪ Even Greener

This book is printed on 100% post-consumer recycled paper. Not only is the paper 100% PCW, it's processed chlorine free, it's green-E certified, and made using electricity generated from wind power.

## 100% Solar

All of our printing is powered by our 200-panel photovoltaic array. Each year we generate 65,344 kilowatt hours of electricity.

## Solar Power in New Hampshire?

That's right! Believe it or not, New England receives 30% more of the sun's energy than Germany, the world leader in solar installations.

## Thanks to customers like you, this year we'll save

| 2,405 | 1,121,858 | 1,078 | 75,098 | 206,850 |
|---|---|---|---|---|
| Mature Trees | Gallons of Water | Million BTUs of Energy | Pounds of Solid Waste | Pounds of Greenhouse Gases |

Calculations based on research by Environmental Defense Fund & other members of the Paper Task Force.

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