

**Taking Care of Yourself
from the Inside Out-Baby
Steps to a better YOU**

How to Live Well Each Day

Each Day Make Positive Choices

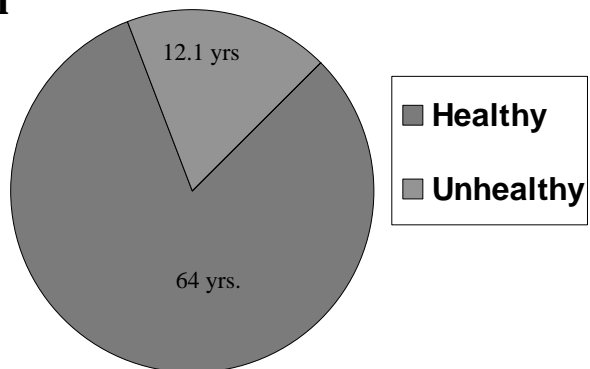
Take Baby Steps to Positive Behaviors

Did you know?

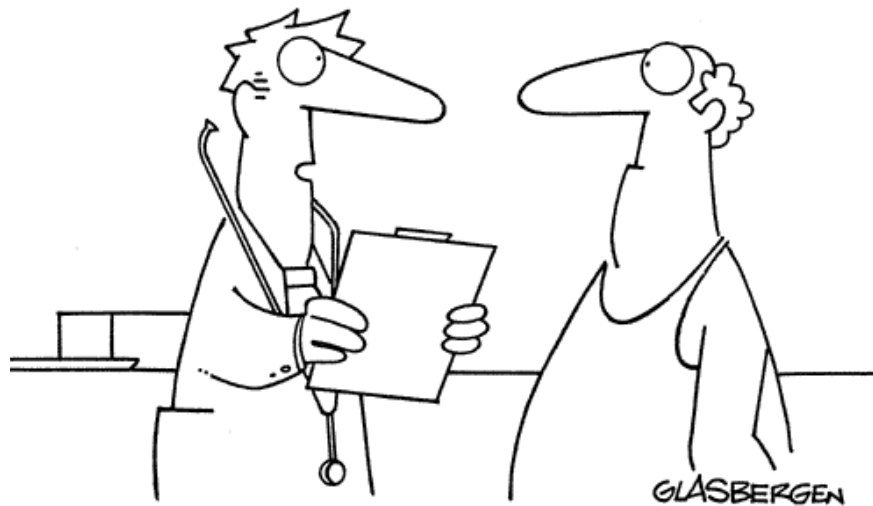
That
83%
of all deaths
before age 65
are preventable?

Years of Healthy Life

**Total Lifespan
(76.1 Years)**



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“The handle on your recliner does not qualify as an exercise machine.”

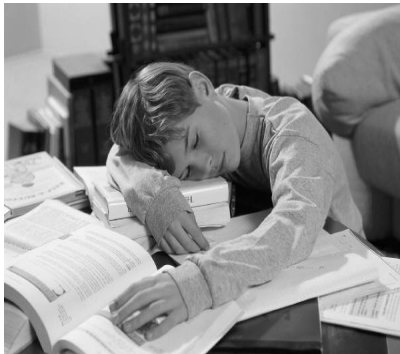
Wellness

A process of making informed choices that will lead one, over a period of time, to a healthy lifestyle that should result in a sense of well-being.

Wellness & Stress

- Stress: the nonspecific response to demands which are placed on the body.
- 'Nonspecific' alludes to the same physiological reaction regardless of the type of stress placed on the body
- Stress reactions are unique to each individual

Stress cont...



- **Eustress**
 - Positive stress, produces a state of well-being
- **Distress**
 - Negative stress, interrupts the natural flow of life

Stress cont...

- Stress can manifest itself in 4 ways:
 - Emotionally
 - Mentally
 - Behaviorally
 - Physically

- Individuals respond differently to stress.
- 50-70% of all illnesses are due to stress.
- Resiliency or hardiness to stress-favorable reaction to stress.
- Recognize stressors: change what you can, don't worry about what you have no control over.
- Rely on stress management techniques.

STRESS...

-We must all learn to

- Breathe

 - Let go

 - Accept what is out of our control

 - change what we can

 - Relax

Metabolic Syndrome (having any 3 of the following....)

- BP above 135/85
- Fasting blood sugar above 110
- Blood triglycerides of 150 or above
- Blood HDL less than 40
- High waist measurement (above 35 inches for women and above 40 inches for men)

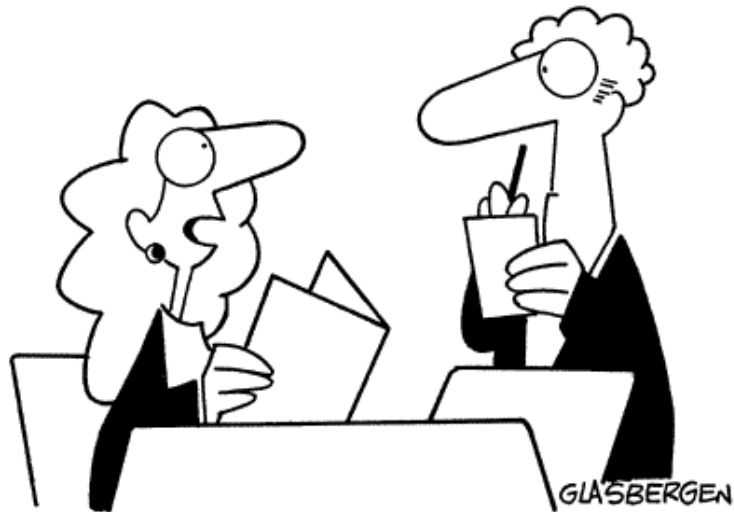
Current State of Things...

- Life expectancy
- Biological age vs. Chronological age
- Technology
- Lifestyle activity
- Everyday choices
- Temptations...kids learn what you teach them
- Wellness...physical, mental, spiritual, emotional, social...which is most important?...balance
- Creeping Obesity

CREEPING OBESITY

- Every year after the age 25, Americans typically gain a $\frac{1}{2}$ lb. to 1 lb. per year. At your 10 year high school reunion what changes did you/will you see ...
- Small things absolutely make a difference...

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**“I’m going to order a broiled skinless chicken breast,
but I want you to bring me lasagna and
garlic bread by mistake.”**

1994 Surgeon General’s Report

- We should accumulate 30 minutes of activity on most if not all days of the week
- CDC/Dietary Health Guidelines; 60 min daily
- American College of Sports Medicine 30-60 min. 3-6/x/wk.
- Institute of Medicine recommends 60 minutes for everyone every day; 90 minutes if you need to maintain weight loss.
- Journal of Pediatrics; Kids absolutely need at least 60 minutes of activity daily

Wow!

- How many of us actually get that much activity on a daily/weekly basis?
- Bad news: Very few people get this much activity on a regular basis.
- Good news: something is better than nothing!
As few as 10 minutes at a time done consistently can have a positive impact on overall health.

7 Healthy Behaviors

- Eat breakfast
- Get enough rest
- Regular meals
- Manage your weight
- Abstain from tobacco and drugs
- Drink alcohol only in moderation if at all
- Exercise

By following only 6 of those 7 healthy behaviors....

- Women add 7 years to their lives
- Men add 11 years to their lives...
- QUALITY *and* quantity

- Are those hard things?

LITTLE THINGS MAKE A DIFFERENCE!

- One chip a day equals one pound in a year.
- 100 extra calories daily equals 10 pounds in a year
- There is approximately a 250 calorie difference in a regular chocolate chip cookie and a gourmet chocolate chip cookie.
- Just 10% of your total weight lost has a positive effect on BP and decreases overall health risk.
- A regular 15 minute walk can have a significant impact on overall risk of dying.

The stenographer goes high tech

- Manual typewriter to an...
- Electric typewriter...saves 6.7 calories/hr.
- Daily
- Weekly
- Yearly savings...
- 7 pounds at the end of the year “richer”
- Everything else held constant

Change...

- To make permanent changes, you must change your mindset.
- Change your mindset and your behavior will change.
- Changing your behavior changes you.
- Small lifestyle changes when done consistently make a big difference.

- Simple lifestyle changes can be powerful medicine.
- Most successful change comes from the heart and not the head

GOALS

- Choose one thing
- Long term goal
- Short term goal
- Behavior changes****make the difference...
- Baby steps to change...
- What motivates you? Intrinsic vs. extrinsic
- These things help...

Set yourself up for success

- Keep a log: with success you can celebrate and make new goals
- Enlist support of family, friends, coworkers
- Get your family involved
- Drink water
- Eat smart protein, complex carbohydrates
 - Find SOMETHING you enjoy...for forever

Chair YOGA for office health

- Head rotation/head to side
- Shoulder shrug
- Spinal rotation
- Upward stretch/upper back stretch
- Forward fold
- Downward dog with desk
- Yoga mudra
- Tree with chair
- Forearm stretch

- # 4 stretch
- Inner thigh stretch
- Hip flexor stretch
- Child's pose with desk; arms extended
- Child's pose with desk or chair
- Child's pose with arms at side or down

RELAX

- Commit to 5 minutes alone; silence
- No phones, disruptions
- Sit tall, with good posture
- Focus on your breath
- Acknowledge thoughts, then let them go
- Just breathe slow
- Count 5 inhale, hold 5, exhale 10

- "Trust yourself, then you will know how to live"
-John Wolfgang von Goethe

Mother Teresa:

World Peace
starts at
home
with the family

...and so does good health and wellness.

Wellness takes Action;
Action starts with YOU

How do we energize? Do...

- SOMETHING!
- SOMETHING CONSISTENTLY
- SOMETHING YOU ENJOY
- SOMETHING THAT MAKES YOU FEEL GOOD
- SOMETHING THAT SPENDS CALORIES
- SOMETHING TODAY...

How do we Revitalize?

- By taking care of ourselves
- By prioritizing
- By energizing
- By learning to relax
- By listening to our heart
- By loving ourselves

Today...

Learning to listen to ourselves
is a way of learning to love ourselves.

-Joan Borysenko

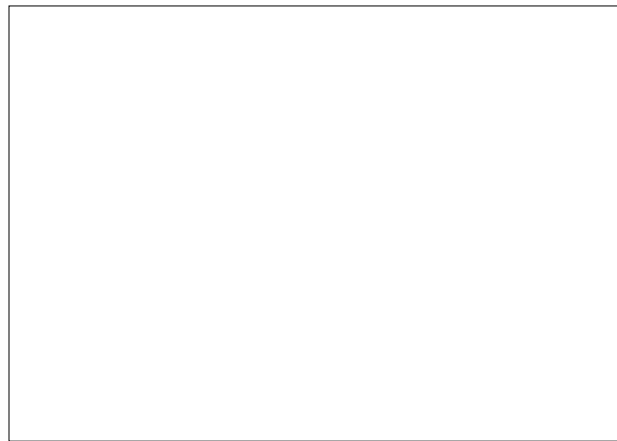
HOMEWORK

- Stressful situation:
- Plan ahead, have this in mind before being stressed...yes, it is hard.
- Don't react. Breathe 5 slow breaths, from your belly, through your diaphragm into your chest
- Breathe (and thus think) before you react

Spend your time where your heart lies.

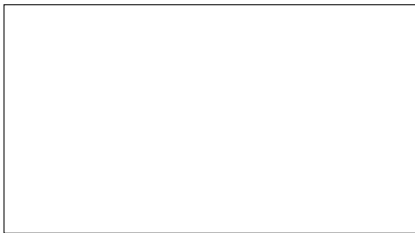
- What will be your personal legacy?
- Who will really miss you if you are gone-your company or your loved ones?
- What is really important in your life? Does your life reflect your priorities?

Be a good role model; get your children active with you.



When you find you are off-balance in your life...

Take time to breathe
Relax



Be active! Do something!