



Better Together

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- The sum of parts = the whole
- All of the primary lifestyle areas are all integral to a healthy life.
- We are better together when we love, encourage and support each other.



“Never doubt that a small group of thoughtful, committed citizens can change the world; indeed, it’s the only thing that ever has.”

Margaret Mead

# Eat Smarter

- Whole, plant-based foods are rich in fiber and nutrients. So eat more vegetables, fruit, beans and lentils, whole grains, nuts and seeds— and little to no animal products or highly processed foods (e.g., the packaged snacks and sugary drinks).
- Eat foods that add value to you and your health
- For more information click [here](#).



# Move More

- Whether it's a vigorous workout before or after work, a brisk mid-day walk, or some weekend gardening, daily physical activity has been shown to be more effective than medication in the treatment of heart disease and other diseases—with very few negative side effects.
- For more information click [here](#).



# Sleep More Soundly

- Insomnia and poor-quality sleep weaken the immune system, lessen willpower, dilute focus, and depress performance.
- Addressing stress and the dietary and environmental causes of poor sleep— and identifying coping behaviors—will make nights more restful and days more productive. Aim for 7-9 hours daily to maximize your rest.
- For more information click [here](#).



# Manage Stress Better

- Life's pressures can cause anxiety, depression, obesity, immune dysfunction, and more. At work, that list includes loss of focus, corner cutting, and diminished creativity.
- Recognize negative responses to stress and identify healthy ways to cope improves well-being.  
Minimizing stressors — e.g., by using email blackout windows— does the same.
- For more information click [here](#).



# Cultivate Relationships

- Studies show a direct tie between social isolation and poor health. More and stronger interpersonal connections—at work, at home, in the community—bolster emotional and physical welfare for all concerned.
- Focus on the relationships that matter most.
- For more information click [here](#).



# Avoid Risky Substances

- This is a textbook example of addiction by subtraction. Stopping smoking and minimizing alcohol consumption significantly lowers the likelihood of developing heart disease and many cancers.
- If you can't give something up for a few weeks, you may be addicted.
- For more information click [here](#).





# Continue Transforming!

## Use John Maxwell's Power of 5:

### **Know your priority**

e.g. Cut down a tree

1. You have to get and use the right tools

e.g. Find an axe

2. You have to take action

e.g. Swing the axe five times daily

3. You have to stay focused

e.g. Swing axe at the same spot

4. You have to stay consistent

e.g. Swing the axe daily

5. You have to stay with it

e.g. Stay with it until tree falls

**Right actions with the right priorities = incredible results!**

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