

Better Health – Are you Ready?

World Health Organization states ... we now have more people on our planet dying of overweight and obesity issues than we do of starvation.

- 40% of Canadian adults have **high cholesterol**.
- Type II diabetes is **5 times** more common among obese people.
- Annual medical expenditures are **36% higher** for obese adults vs. those of normal weight.

Why Better Health?

We can be worrying about what *may* happen, or we can be working on a model about what *can* happen.



Ourselves as a Whole

Physical – nutrition, activity, rest.

Mental – stimulation, rest.

Emotional – stress management, relationships, rest.

Where you are TODAY is a result of decisions made up until NOW. Where will YOU be?

Ask yourself

- ✓ Am I ready?
- ✓ Do I want to move forward?
- ✓ How can I recognize which decisions are right for me?
- ✓ Which ones are best for me?

Remember ... Able does not always mean ready and willing.

Benefits of Small Changes



- 5-10% weight loss will positively impact health profile
- Losing 20lbs will decrease stress on the knee by 40lbs
- Improving flexibility through hamstrings and lower back can decrease pain and discomfort in the low back
- Increasing water intake to 1.5L/day helps keep joints lubricated
- 10-12 servings of fruits/vegetables = ???
- 10 min daily meditation can improve mental health



What if I don't stick to the plan?

Lapse is part of **normal** model of change (Psychology Today, 2010)

The sooner we “forgive” ourselves, the quicker we move forward.

**When we say NO to something,
we are saying YES to something else.**

Mindful Tips

- ✓ Focus on what you are **getting**. Not, “I’m cutting back on what I am eating” but rather, “I eat good portions.”
- ✓ Anchoring yourself in the **positive** makes it easier to let go of the negative. When you experience a problem, look at the *cause*, not the *symptom*.
- ✓ Make a decision that marks **today** as the beginning. Rather than having a great experience, have a **great beginning**.



**Where your mind goes, the body will follow.
Where the body goes, the mind will follow.**