

The 5 Smartest Things You Could Ever Do

5 Essential Rules for Living a Healthy Life

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5 Essential Rules for Living a Healthy Life



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**What We'll
Learn**

- What wellness is, and isn't.
- The importance of knowing and quantifying your health status.
- The importance of paying attention to what you eat.
- Why exercise is important to a healthy life.
- Why sleep is important to your health.
- The importance of quitting smoking to a long and healthy life.


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**Wellness
III-Defined**

Wellness isn't...

- Crystal healing
- Flower remedies
- Miracle cures
- Magic elixirs
- Zen meditation



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Wellness Defined

Wellness is the process of being aware of and actively working towards better health.

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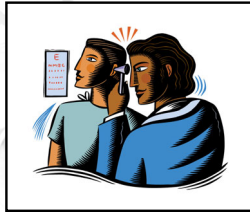
Source: Wellness Councils of America and the American Journal of Health Promotion

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Rule #1

Quantify Your Health Status



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Quantify Your Health Status

- Do a personal assessment (do I smoke, am I overweight, etc.). Be honest with yourself.
- Engage in screening tests and HRAs.

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Why Assess Health Status?

- Today's four leading causes of death are all preventable.
- Persons with healthier lifestyles live anywhere from six to nine years longer.
- Persons with healthier lifestyles prevent disability by up to nine years.

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Source: Journal of the American Medical Association, New England Journal of Medicine, and the American Journal of Health Promotion

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Benefits of Quantifying Your Health Status

Quantifying your health status...

- Will help you identify areas in your life you can improve upon.
- Can reveal health risk factors you may not have been aware of before.
- Gives you a baseline to compare your current behaviors to healthy behaviors.
- Empowers you to set goals for improving your health and well-being.

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Tips for Quantifying Your Health Status

- Assess yourself right away.
- Engage in preventive screenings.
- Take part in an HRA.



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Rule #2

Pay Attention to What You Eat



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Food in America Today

- Fast food is everywhere and Americans are eating it up.
- Spending on fast food has increased exponentially in recent years.
- The fast food industry is growing at an alarming rate.



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Why Should You Be Concerned?

- Poor nutrition increases your risk for a number of life threatening diseases like cancer, heart disease, and diabetes.
- Obesity and overweight cause 300,000 deaths annually.

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Source: Centers for Disease Control and Prevention

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The Benefits of Healthy Eating

Good nutrition...

- Lowers your risk for heart disease, stroke, cancer, diabetes, and osteoporosis.
- Helps you lose and maintain a healthy weight.
- Gives you healthier, stronger bones.
- Allows you to look and feel better about yourself.

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Tips for Eating Healthier

- Control your portion sizes.
- Take the fat out of fast food.
- Learn how to shop at the supermarket.
- Pay attention to caloric intake.

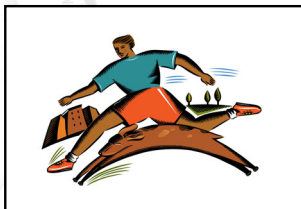
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Rule #3

Exercise Every Day



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Exercise in America Today

- Almost 170 million Americans don't get enough healthy physical activity on a daily basis.
- Approximately 42 million Americans aren't active at all.

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Source: Centers for Disease Control and Prevention

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So Why Should You Be Concerned?

- Not being active damages your heart and other major organs—cutting your life short.
- Not being active can lead to diabetes—a major cause of blindness and limb amputations.

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Benefits of Being Active

- Regular physical activity:
 - Reduces the risk of dying from heart disease.
 - Reduces the risk of developing diabetes.
 - Reduces the risk of colon cancer.
 - Reduces feelings of depression and anxiety, puts you in a better mood, and fosters a sense of well-being.



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Tips for Getting Active

- Commit yourself.
- Set goals.
- Schedule exercise during your day.
- Exercise with a friend.

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Rule #4

Protect Your Sleep At All Costs



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Sleep in America Today

- One-third of the population is sleeping less than six hours per night.
- Roughly 40 million Americans suffer from sleep disorders.
- 27% of adults have dozed off at the wheel.

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Source: National Sleep Foundation and Power Sleep by James B. Maas, PhD

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How a Lack of Sleep Affects Us

For millions of Americans, fatigue is more than a daily annoyance—it's a life-altering condition that affects our health and drains ambition.

Consider this...

- Sleep apnea increases your chances for high blood pressure.
- A lack of sleep can lead to dangerous and even deadly outcomes.

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Benefits of a Good Night of Sleep

Sleep is as important to your health as good nutrition, water, and exercise.

A good night of sleep...

- Helps you wake up well-rested, ready for your day.
- Improves your mental well-being.
- Will help you react more quickly, and help prevent accidents.

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Developing Good Sleeping Habits

1. Keep regular bed/wake times when possible.
2. Develop and use a regular pre-sleep routine.
3. Protect sleep time; minimize other demands.
4. Avoid working in your bedroom.
5. Use relaxation techniques.

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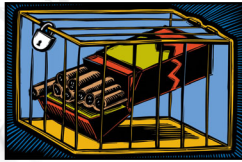


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Rule #5

Quit Smoking



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Smoking in America Today

- There are about 46 million smokers in the United States today.
- Americans have consumed 17 trillion cigarettes since the first Surgeon General's Report on Smoking in 1964.

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Source: US Census Bureau and the National Center for Health Statistics

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Consequences of Smoking

- Smoking dramatically increases your risk for a number of different cancers.
- Smoking cuts your life short.

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Source: Centers for Disease Control and Prevention

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The Benefits of Quitting Smoking

- Reduces your risk of heart disease, stroke, and cancer.
- Adds years to your life.
- Improves the social aspects of your life.
- Saves you money.

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Tips for Quitting Smoking

- Set a quit date.
- Quit with a friend.
- Avoid situations that tempt you to light up.

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What We've Learned

- What wellness IS and ISN'T.
- Why it's important to quantify your health status.
- Why eating healthier is important your health and well-being.
- How exercising can add years to your life and improve your health.
- Why sleep should be protected at all costs, and how a lack of sleep can be damaging to your health.
- The importance of quitting smoking to a long and healthy life.

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