

# SUCCESS STRATEGIES for HEALTHIER LIVING

Use 5 WAYS to develop a wellness plan so the changes you make provide the “real life” benefits you want to see!

Why do we need 5 WAYS to develop a wellness plan?

Studies indicate that people who develop a wellness plan are more likely to make changes that turn into habits that “stick” with real life benefits

## 3 STEPS TO A SUCCESSFUL WELLNESS PLAN:

- 1 Knowledge / Awareness
- 2 Planning
- 3 Action



## WHAT IS SUCCESS?

- ✓ Increased energy
- ✓ Improved cholesterol
- ✓ Healthy blood pressure

### STRESS LESS



- Thinking positive
- Building resiliency
- Reducing stress hormones that cause inflammation / lead to disease

### BETTER NUTRITION



- Foods that fight inflammation / disease
- Quality of the calorie vs. quantity
- Understanding food labels

### MOVE MORE



- Gauging intensity level
- How much-making a difference
- Using technology

### MANAGE WEIGHT



- Revving up metabolism
- Weight loss-how much makes a difference?
- Weight loss sustainability

### SELF-CARE



- Assessing my risk
- Knowledge + Action = Change
- Effectively communicating with health care providers