

INSPIRING PEOPLE

15 Healthy Habits

Overview

- Defining “healthy habits”
- 15 healthy habits and ways to fit them into your day
- Questions



City of Fort Lauderdale Health & Wellness Center

- Intro
- Primary Care at work (Women, Men, Children (age 6+), Retirees
- Preventative Care and Health Counseling
- Convenience (little to no waiting, no cost, near, labs)
- Physician, Nurse practitioner, Medical Assistants
- Medication Dispensing
- Marathon is here for YOU!

Let's Get Started.....

“Start where you are, use what you have, do what you can.”

Arthur Ashe

Fresh Start ...

Diet : Day 1

I have removed all bad food from the house.

It was delicious!

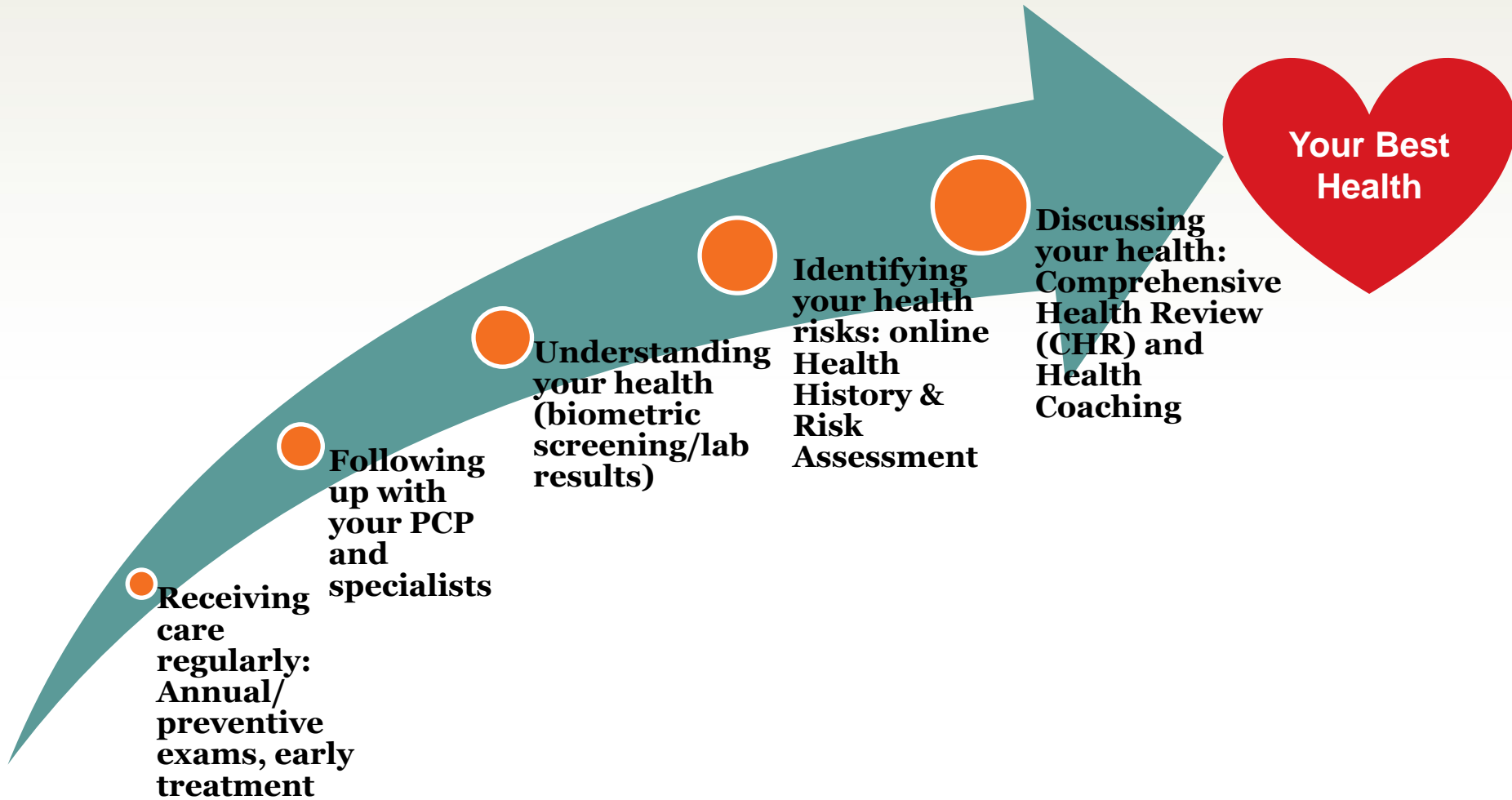
I AM STRONGER THAN
MY CHALLENGES



& MY CHALLENGES ARE
MAKING ME STRONGER

Karen Salmansohn

#1 – Wellness and Prevention



Path to a Healthy 2016 and Beyond!



Time to Quit

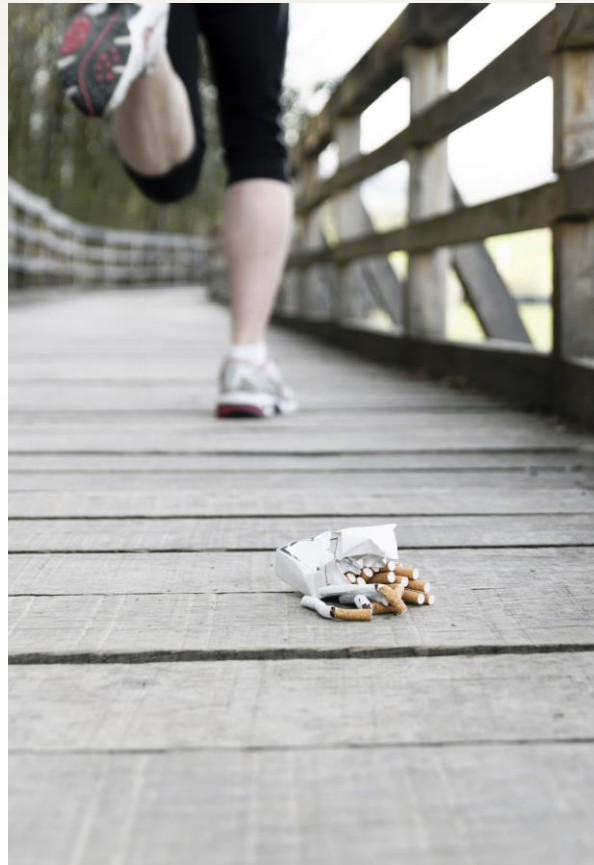


#2 – Ditching Tobacco

Design a quitting plan just for you and your lifestyle.

Receive the support, encouragement, and accountability needed to follow through.

Cut your risk of heart disease in half within 1 year of quitting.



#3 – Listening to Your Body



Take a
break



Exercise



Smile
and
laugh

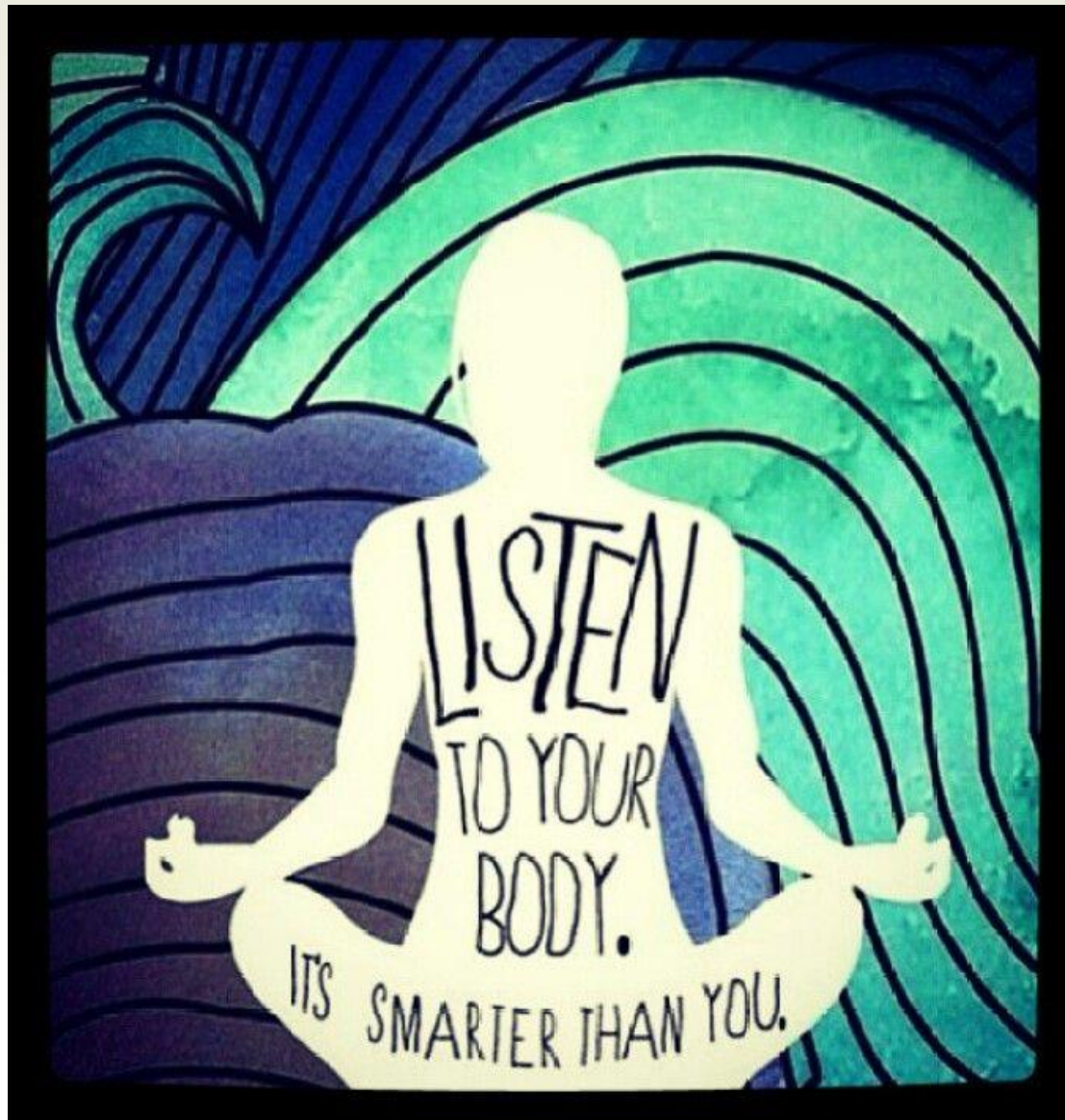


Get
social
support



Meditate





Addressing Excuses

“I don’t have time!”

Action: track your time in
15-30 minute increments every day for a week.

“I always have too much work to do!”

“I never get a break from the kids.”

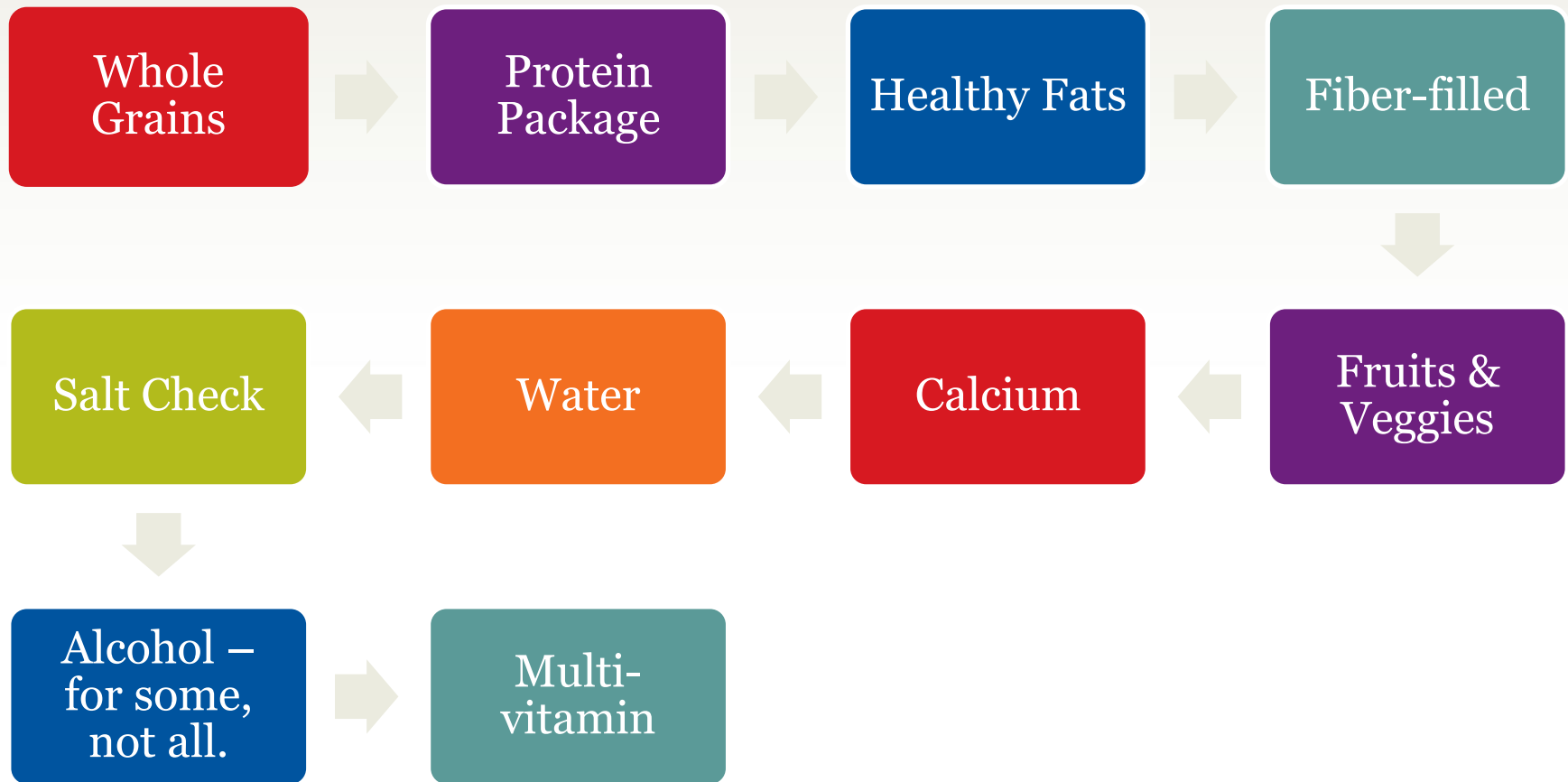
“It’s not what we SAY is a priority, but what we
actually DO that’s a priority.” - JD Roth

#4 Eating Well



“We’re having a big meeting tomorrow to kick off our Employee Wellness Campaign. Who’s in charge of bringing the soda and donuts?”

#4 – Eating Well



#5 Let's Get Moving!



#5 – Moving More



Plan it into
your day



Keep
sneakers
with you at
all times

Track your
movement



#6 Financial Fitness



#6 – Financial Fitness



Budget

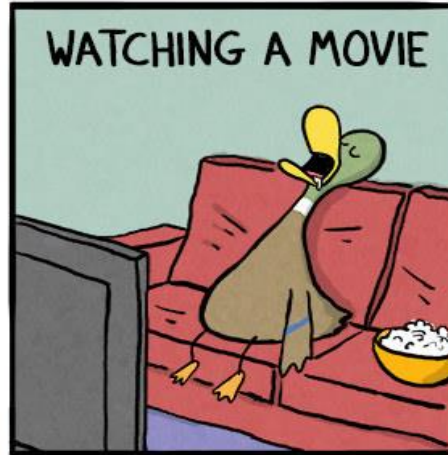


Track



Celebrate

HOW WELL I SLEEP



Facebook.com/FowlLanguageComics

FowlLanguageComics.com

©Brian Gordon

#7 – Getting Enough Sleep

- 1.) Timeline
- 2.) Relax Time



- 3.) No Electronics
- 4.) No drinks

#8 – Trying Something New

Learn a
new skill

Challenge
your
mind

Engage
socially

Start a
bucket
list

Break
your
routine



**TAKE CARE OF
YOUR BODY.
IT'S THE ONLY
PLACE YOU HAVE
TO LIVE IN.**

#9 – Strength & Flexibility

Children and Teens

- Playing on playground equipment
- Climbing trees
- Playing tug-of-war

Active Adults

- Body weight exercises (push-ups, pull-ups, sit-ups)
- Carrying heavy loads
- Heavy gardening (digging hoeing)

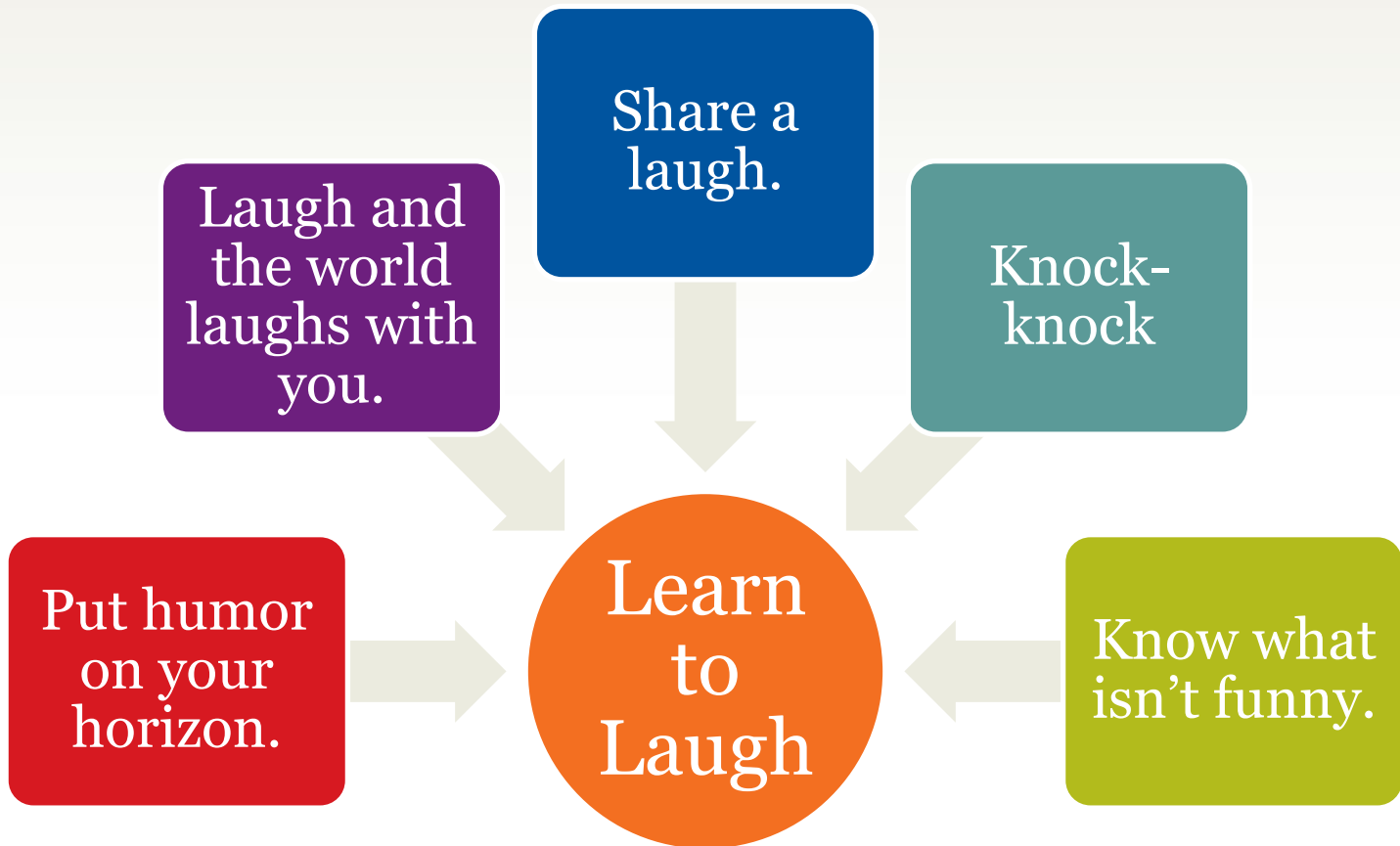
Older Adults

- Heavy gardening
- Carrying groceries
- Yoga and tai chi exercises
- Physical therapy strength exercises
- Balance exercises

#10 Laughter is the Best Medicine



#10 – Laughing Out Loud (LOL)



#11 – Fostering Relationships with Family & Friends



Call



Family Time



**Schedule an
afternoon...**



Serve

#12 – Focus on Sitting Up Straight

- Leave a note for yourself at your desk or work station to remind you to check your posture every time you look at the note.
- Focus on walking with your shoulders back and head held high.
 - This is great for your posture, BUT it's also great for your confidence.

#13 Mindfulness



#13 – Being Mindful



#14 – Being Grateful



Gratitude
Journal



“Thank
You”
notes



Use Ideal
Time

#15 – Setting Personal Goals

WHAT
are you
looking to
accomplish?

By
WHEN?

HOW will
you do it?

EVALUATE

Healthy habits include the following...

Wellness &
Prevention

Ditching
Tobacco

Listening to
Your Body

Eating Well

Moving More

Financial
Fitness

Getting
Enough
Sleep

Trying
Something
New

Strength &
Flexibility

Laughing
Out Loud

Fostering
Relationships

Focusing on
Posture

Being
Mindful

Being
Grateful

Setting Goals

Smarter Not Harder

“Every minute you spend planning saves you 10 minutes of work.!”
-Jim Rohn

- Think grocery list

“Busy is the enemy of productive.”
-Stacy Alcorn

S.M.A.R.T. “Where do I start?”

- Pick one thing
- Stick with it until you master it
- Make it fun
- Lose “all of nothing” mentality
- Set a S.M.A.R.T. goal

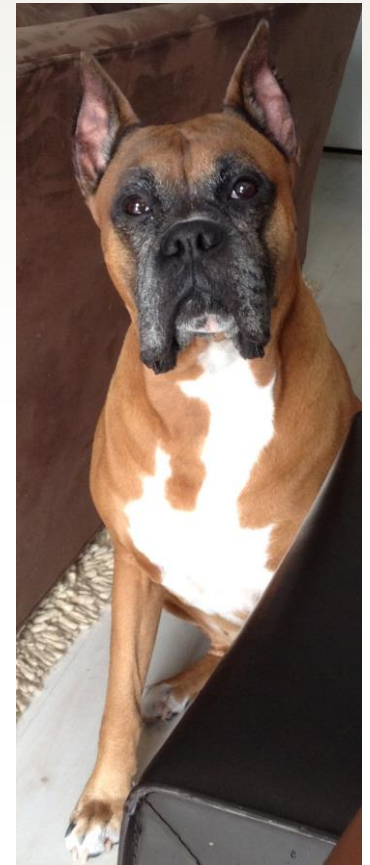
TODAY IS MY TOMORROW.
IT'S UP TO ME TO SHAPE IT,
TO TAKE CONTROL
AND SEIZE EVERY OPPORTUNITY.

ISHAPEME.TUMBLR

THE POWER IS IN THE CHOICES
I MAKE EACH DAY.
I EAT WELL, I LIVE WELL.

I SHAPE ME.

Thank you! Looking forward to taking Great Care of YOU: City of Fort Lauderdale!



Resources

Mayo Clinic, The 12 habits of highly healthy people,
www.mayoclinic.com

Mayo Clinic, Stress management, www.mayoclinic.com

Harvard School of Public Health – Nutrition Source,
www.hsph.harvard.edu/nutritionsource

Fast Company, How to set goals for the life you actually want, www.fastcompany.com

American Psychological Association, Five tips to help manage stress, www.apa.org

Harvard University, What is Mindfulness,
www.evp.harvard.edu/book/what-mindfulness

Resources

Mayo Clinic, Get into the habit of trying new things,
www.mayoclinic.org

Harvard School of Public Health, Strength and
Flexibility Training,
www.hsph.harvard.edu/nutritionsource

Cleveland Clinic, 11 Simple Health Habits Worth
Adopting into Your Life,
www.health.clevelandclinic.org

UC Davis Health System, Healthy Resolutions in the
New Year, www.ucdmc.ucdavis.edu