



# Personalizing Your Wellness Journey

Presented By | HealthCheck360





**EVERY  
NEW DAY  
IS A CHANCE  
TO CHANGE  
YOUR  
LIFE**

## AGENDA

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Where to start

Taking steps

Staying motivated





## WHY YOUR OWN PLAN?

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**“One size fits all” doesn’t always work**

- Health history
- Preferences
- Schedule
- Family
- Other responsibilities

**Just because it works now,  
doesn’t mean it will work forever**



# CREATING YOUR PLAN

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## Take a look at your current lifestyle

- How are you doing right now with...
  - Nutrition
  - Exercise
  - Sleep
  - Stress management

## What's the most realistic place for you to start?

- What do you WANT to do?

## What's your why?





## SET GOALS

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**Pick 1 or 2 small goals in each area you want to work on**

**S** - Specific

**M** - Measurable

**A** – Achievable/Action-based

**R** – Realistic/Relevant

**T** – Time-based



# GETTING STARTED

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## How to create a meal plan

- Look at your schedule
  - Start small
- Choose recipes
  - Use your resources
    - Pinterest, blogs, friends, family, etc.
    - <https://www.pinterest.com/HC360HC>
    - Organize your recipes
- Make your grocery list
- Be flexible
- Build up your recipes
  - Meal prepping/freezer meals
- Set SMART goals

\*Don't get stuck in the "all-or-nothing" mindset



# GETTING STARTED

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## How to create an exercise plan

- Look at your schedule
  - How much time do you realistically have?
  - Where will you work out?
    - Home/gym/work/friend's house
- What equipment do you have?
- What are your goals?
  - Overall health
  - Weight loss
  - Build muscle
  - Increase cardio
  - Increase flexibility/balance
- Choose your workouts
  - Use your resources
    - Pinterest, You Tube, blogs, friends, family, etc...
    - <https://www.pinterest.com/HC360HC>
- Check with your doctor before starting
- Set SMART goals
- JUST START!



# GETTING STARTED

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## Stress management

- Look at your current habits
- Create your “toolbox”
  - Your go-to items that help you deal with stress
    - Deep breathing
    - Meditation
    - Exercise
    - Journaling
- Set your SMART Goal

## Sleep

- Look at your current habits
- What are 2-3 small steps you can take?
  - Set a reminder to go to bed 15 minutes earlier
  - Electronics curfew
  - Changing your environment
  - Calming routine before bed
- Set your SMART Goal





## STAY MOTIVATED

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### Track your progress

- Rate yourself again
- Think about all areas of your health
  - Energy, mood, etc..

### Celebrate your wins

- Even the small ones!



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## SUMMARY

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**The key to making healthy habits long-lasting is to invest in yourself and your plan.**

NEW  
day  
NEW  
Start



# UPCOMING WEBINARS

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## The Power of Positive Thinking

Negativity can be hard to shake. Learn actionable tips to combat negative thoughts and step into the power of positive thinking.

January 8

Find out more on [www.healthcheck360.com/blog](http://www.healthcheck360.com/blog)



## Exercise Hot Topics

Ready to shake up your exercise routine? Explore the exciting new exercise trends and get inspired to try something new.

February 5





## LIFESTYLE REWARDS

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1. True or False: The “one size fits all” approach works for everyone
  - a. True
  - b. False
2. What does the S stand for in SMART goals?
  - a. Specific
  - b. Schedule
3. What was the FIRST tip mentioned for both nutrition and exercise plan creations?
  - a. Set a SMART goal
  - b. Look at your schedule

**\*\*If your company has elected questions for lifestyle rewards, it will be noted when you submit on your myhealthcheck360 account.\*\***



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