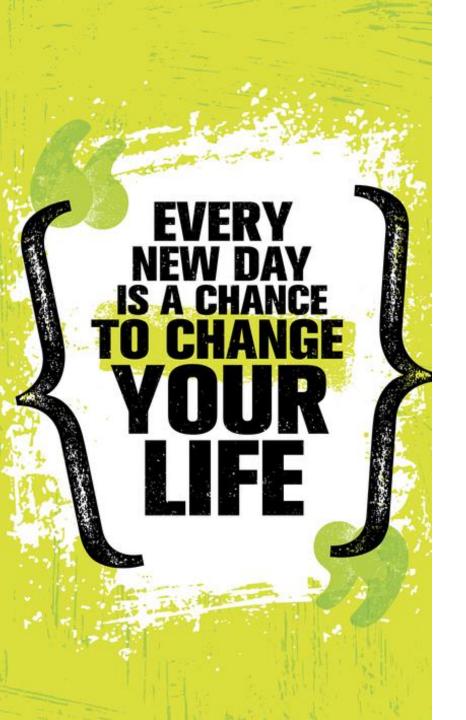


Personalizing Your Wellness Journey

Presented By | HealthCheck360





AGENDA

Where to start

Taking steps

Staying motivated





WHY YOUR OWN PLAN?

"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

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

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

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

How to create an exercise plan

- Look at your schedule
 - How much time do you realistically have?
 - Where will you work out?
 - o 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

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





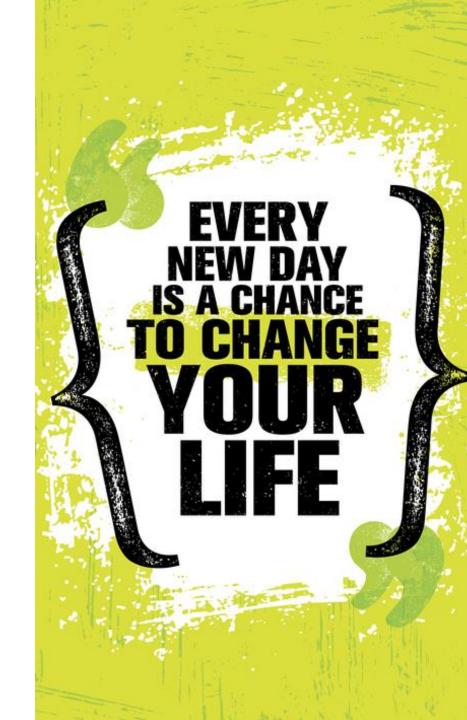
STAY MOTIVATED

Track your progress

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

Celebrate your wins

Even the small ones!





New

SUMMARY

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



UPCOMING WEBINARS



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



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

- 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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CONTACT A HEALTH COACH

1-866-511-0360 or healthcoach@healthcheck360.com

