

LITTLE CHANGES, BIG RESULTS: EMPOWER YOURSELF AND YOUR FAMILY WITH HEALTHY HABITS

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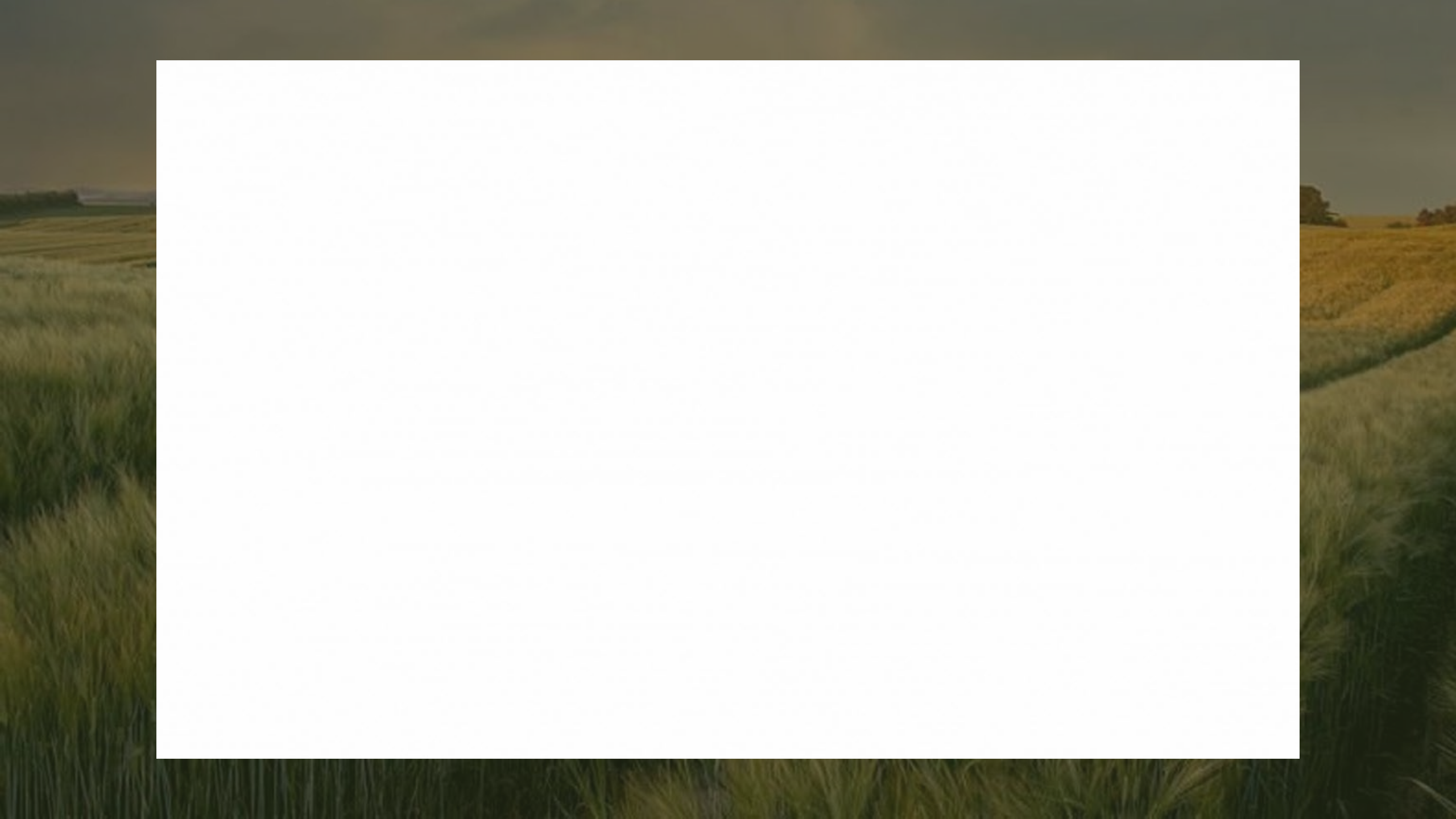




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PROJECT HEALTHY SCHOOLS

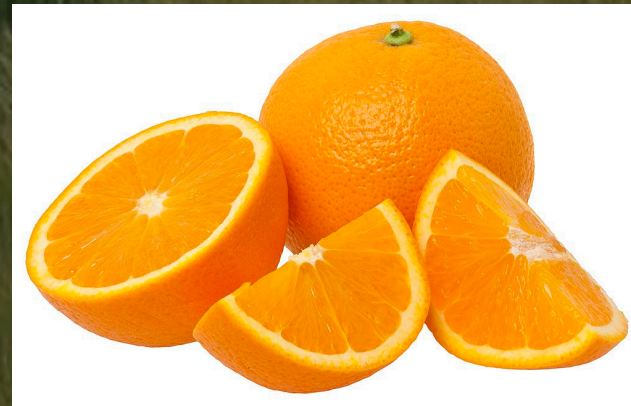




Action Item: Grab some Paper and Pen

Why is health important to you? Your family?

How do you define healthy in today's world?



A DEEPER LOOK AT HEALTH

Perfectionism vs. Giving Up (all or nothing)
What is realistic? What is sustainable?
Self Care vs. Self Comfort

“And so we seek comfort. We seek ways to make ourselves feel better for the lack of time and energy we have and for the list of things we aren’t doing but should. Because we have nothing left in the tank, we grab the low hanging fruit. The pint of ice cream. The glass of wine. Netflix and our couch. It’s a fast and certain feel-good hit but it isn’t serving us. But we do it because it is the only thing we can grab. Its self-comfort disguised as self-care.”

“First, ask yourself, what do I need?”

Remember that self-care is uniquely individual and broadly defined.

Do you need more boundaries? More rest?

Do you need to connect with nature or to a friend?

Do you need space? Time? A hug?

Do you need to disconnect from technology so you can connect to yourself?

Then ask yourself, what does my future self need? What can I choose to do right now that will meet this need, and still allow me to show up as a more resilient/happier version of myself tomorrow?

Take back what self-care means and what it can look like. The ability to take care of you today...AND tomorrow.”

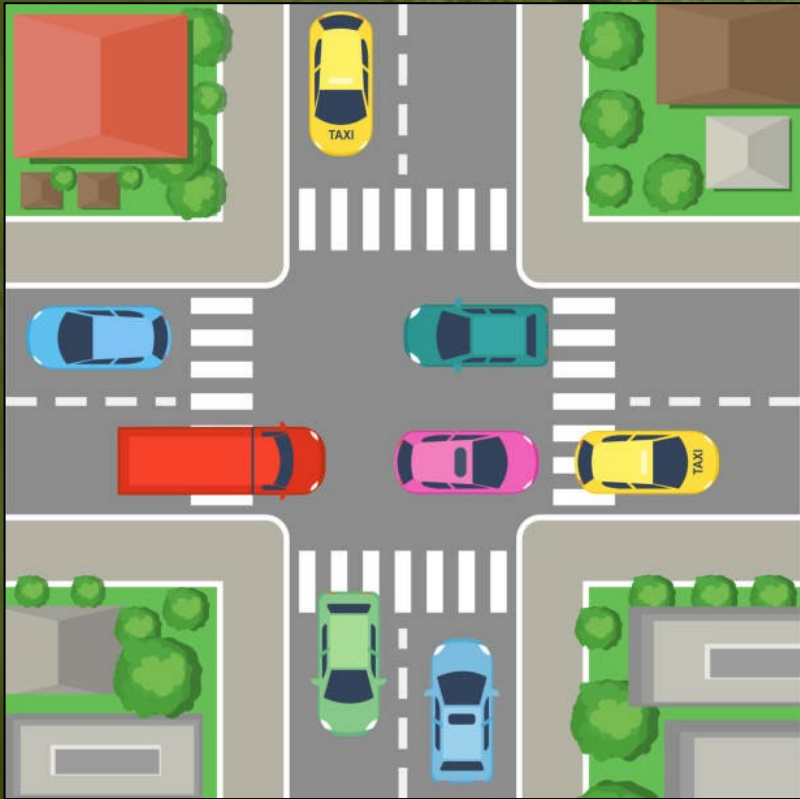
SELF CARE VS SELF COMFORT

Needs vs. Wants (financial health)

Awareness, Being Present and Mindful



THE INTERSECTION OF HEALTH BEHAVIOR



Nutrition
Physical Activity
Sleep
Stress Management
Financial Health

THE POWER OF SMALL HEALTHY HABITS

Minimizing Unhealthy Behavior

Maximizing Healthy Behavior

Replacement Behavior (dilution)



Every Day: 365 times per year
Every Week: 52 times per year
Every Month: 12 times per year



CELEBRATION OF FOOD

FOOD IS:

CULTURE, NOURISHMENT, PLEASURE

Growing Food
Grocery Shopping
Cooking
Eating!











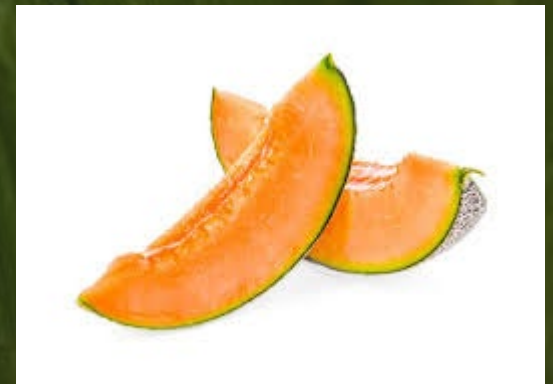
Family Engagement with Nutrition

How can you get your family involved?

Menu Planning, Grocery Shopping, Making the Meal, Eating Together

Be Creative & Have Fun

Monochromatic Meals!



Family Engagement with Physical Activity

Exercise versus Physical Activity

How can you add more movement into your day?

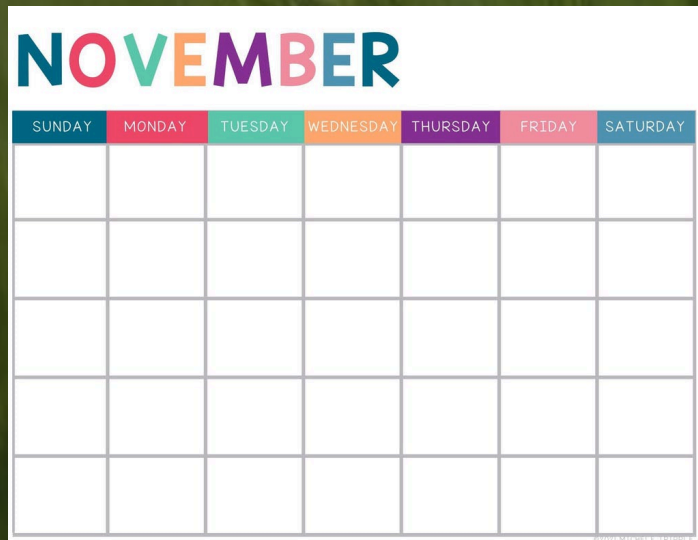
What movement do you enjoy? Your family?

What are your favorite family locations? (parks, zoos, museums)

Join email list-serves to be in the know about events!

Be Creative & Have Fun

Family Fitness Time!



Family Engagement with Sleep

Sleep hygiene is important

How do you prepare for bed?

Dental hygiene (tongue scraping, flossing, brushing teeth)

How do you choose to unwind at the end of the day?

How do you manage preanticipatory anxiety? (journal, write down, talk)

What does your use of technology look like in the bedroom?



Family Engagement with Stress Management

How do you connect together as a family?

What is your family's communication style?

Do you feel supported? Do you support others?



What lowers stress in your family? What promotes joy?

How do you show gratitude?



Family Engagement with Financial Health

How can you infuse financial literacy into your everyday life?
What is your relationship like with money? Your family?
How do you save money? How do you spend money?
Do you make saving for college and retirement a priority?

6 OZ LOW FAT YOGURT		32 OZ LOW FAT YOGURT	
UNIT PRICE	RETAIL PRICE	UNIT PRICE	RETAIL PRICE
\$0.12 per oz.	\$0.72	\$0.05 per oz.	\$1.62
			
9 781565 924796		9 785715 968294	

It looks like the 6oz yogurt is less expensive because it has a cheaper **retail price**. But when you compare **unit price**, you can see that the 32oz yogurt is actually \$0.07 cheaper per ounce.



THE INTERSECTION OF HEALTH BEHAVIOR



Nutrition
Physical Activity
Sleep
Stress Management
Financial Health

Create 2 Health Goals for each item (1 for you. 1 for your family/pets)..

THANK YOU

ANY QUESTIONS?

