

COMMIT TO THE CHALLENGE

Transformation is possible! There is a better way to prevent, treat and reverse chronic disease. The answer is lifestyle and healthy living. Throughout the challenge we will be focusing on the below six health areas. For each area, please set a personal goal that you plan to commit to over the next four weeks. Determine what is required and yields the greatest return.

Eat Smarter – Whole, plant-based foods are rich in fiber and nutrients. So eat more vegetables, fruit, beans and lentils, whole grains, nuts and seeds— and little to no animal products or highly processed foods (e.g., the packaged snacks and sugary drinks).

My Eat Smarter Challenge Goal: _____

Move More – Whether it’s a vigorous workout before or after work, a brisk mid-day walk, or some weekend gardening, daily physical activity has been shown to be more effective than medication in the treatment of heart disease and other diseases—with very few negative side effects.

My Move More Challenge Goal: _____

Sleep More Soundly – Insomnia and poor-quality sleep weaken the immune system, lessen willpower, dilute focus, and depress performance. Addressing stress and the dietary and environmental causes of poor sleep— and identifying coping behaviors—will make nights more restful and days more productive. Aim for 7-9 hours daily to maximize your rest.

My Sleep More Soundly Challenge Goal: _____

Manage Stress Better – Life’s pressures can cause anxiety, depression, obesity, immune dysfunction, and more. At work, that list includes loss of focus, corner cutting, and diminished creativity. Recognize negative responses to stress and identify healthy ways to cope improves -being. Minimizing stressors — e.g., by using email blackout windows— does the same.

My Manage Stress Better Challenge Goal: _____

Cultivate Relationships – Studies show a direct tie between social isolation and poor health. More and stronger interpersonal connections—at work, at home, in the community—bolster emotional and physical welfare for all concerned. Focus on the relationships that matter most.

My Cultivate Relationships Challenge Goal: _____

Avoid Risky Substances – This is a textbook example of addition by subtraction. Stopping smoking and minimizing alcohol consumption significantly lowers the likelihood of developing heart disease and many cancers. If you can’t give something up for a few weeks, you may be addicted.

My Avoid Risky Substances Challenge Goal: _____

I commit to the above (please sign and commit!): _____



PROGRESS - Better Version of myself:

You are here and you are committing to progress.

Assess - Evaluate current health habits and think about how you would like things to be different.

Purpose - Find your why and your reason for wanting to make a healthy change.

Prioritize - Narrow it down to one main health behavior that you want to focus on changing.

Mindset - Determine how you will choose to think about your change efforts.

Game Plan - Determine what is required and what strategies would yield the great return/reward. Set a specific, measurable, attainable, realistic, and time-oriented goal to reach for.

Action - Put the game plan into motion and implement strategies you came up with to help you achieve your goal.

Reflect - Think back on what you accomplished and what you learned from the experience.

Improve - Continue to progress and consider using this strategy to improve in another area of your life.

Lead - Lead by example and serve others. You are able to demonstrate to others what is possible and have a positive influence on them.

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