



**Be the CEO of your health:  
Achieve the health benefits you  
desire**

AUMA Convention 2016  
Connect. Lead. Inspire

**Wellness**

**Physical**

**Relational**

**Financial**



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Aging is inevitable – the rate of aging is not!

- Accelerated Metabolic Aging
- Major hormones
  - Insulin
  - Adrenaline
  - Cortisol



- **Cause of death**
  - **50+ years**
    - stroke
    - heart attack
    - cancer of the colon
  - **40+ years**
    - suicide



- Body composition
- Level of exercise
- Quality of nutrition
- Dental care
- Sleep patterns
- Stress levels
- Capacity for leisure
- Mental state
- Substance use



What is your height in inches?

What is your waist size in inches?

Is your waist size greater than half your height?

- **Health problems associated with body weight**
  - Type II diabetes
  - High cholesterol and Triglycerides
  - High blood pressure
  - Coronary heart disease
  - Gallbladder disease
  - Obstructive sleep apnea
  - Certain cancers



A man in a white long-sleeved shirt and blue shorts is running on a track. The background shows a chain-link fence and bleachers.

# *Level of exercise*

*Cardio endurance*

*Strength*

*Flexibility*

*Balance*

**150 minutes a week**

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***Stress levels affect the:***

***Body***

***Mind***

***Immune system***



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- **Good Stress**

- *Perception*
  - *Threatening*
  - *Unmanageable*
- *Fight/ flight hormone*
- *Insulin*
- *Cortisol*

- **Bad Stress**

- *Stress not resolved*
- *Persistent cortisol*
- *Response*
  - *Poor sleep*
  - *Obesity*
  - *Immune system*
  - *Memory*
  - *Mood*





# *Dealing with stress*

*Anticipate*

*Manage the influence*

*Emotional Mastery*

*Mental Toughness*

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- **Anticipate**
  - Organize your life
  - Find your pattern
  - Take your supplements
- **Manage the influence**
  - Walk or work out.
  - Clean up your diet.
  - Pets





- **Emotional Mastery**
  - Self-awareness/regulation
  - Move your body
  - Reframe
- **Mental Toughness**
  - Results focused
    - Examine your belief system



I AM NOWHERE

I AM NO WHERE

I AM NOW HERE



- **Emotional Mastery**
  - Self-awareness/regulation
  - Move your body
  - Reframe
  
- **Mental Toughness**
  - Results focused
    - Examine your belief system
  - Positivity Ratio
  - Gratitude






- Vision/meaning
- Sense of control
- Sense of progress
- Connectedness
- Four questions





***Knowledge  
Attitude  
Preparation  
Action  
Evaluation***

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A serene sunset scene at a beach. The sun is low on the horizon, creating a bright glow and long shadows. The sky is filled with soft, golden light and scattered clouds. In the foreground, the wet sand reflects the light. Two people are walking away from the camera along the water's edge, their silhouettes clearly visible against the bright background. The overall mood is peaceful and contemplative.

***Why?***  
***Why not?***  
***Why not now?***

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