

The 7 Habits of Highly Well People

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Dr. Stephen Covey wrote “The 7 Habits of Highly Effective People”

- *The foundation of success is based on fairness, integrity, courage and patience*
- *Change starts with oneself*
- *Be proactive, focus on efforts that we have control over*

***“Motivation is what gets you started.
Habit is what keeps you going.”***

~Jim Ryun

What is Wellness?

“A state of complete physical, mental and social well-being and not merely the absence of disease or infirmity .”

~World Health Organization

‘Healthy’ does not mean a PASS at your annual medical check-up

**What does your ideal state of wellness
look like?**

The 7 Habits

1. Eat breakfast daily
2. Connect
3. Sleep
4. Manage stress well
5. Exercise daily
6. Eat fruits & vegetables
7. Practice gratitude



Eat Breakfast Daily



- Those who skip breakfast consume 40% more sweets, 55% more soft drinks, 45% fewer vegetables
- Students who eat breakfast have better grades
- Eating breakfast improves mental performance, lowers anxiety

Nearly 80% of those successful at weight management are regular breakfast eaters.

Eat Breakfast Daily

No time??

Homemade muffins

Smoothies

Toast and PB

Greek yogurt

Hard-boiled egg

Whole fruit

Nuts



Connect

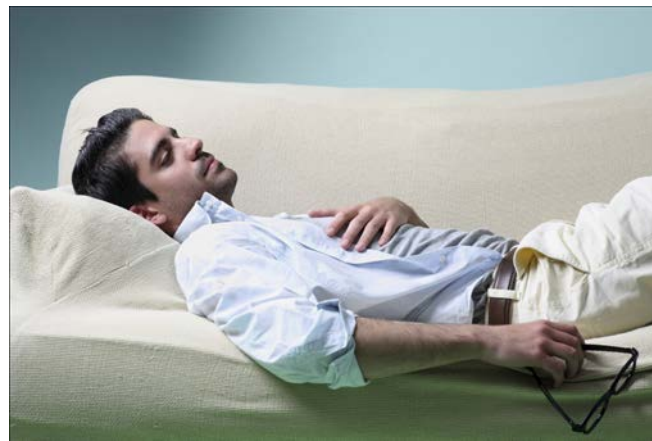
Lack of social connection poses the same level of health risk as smoking or obesity



Sleep

How to be leaner, smarter and less irritable?

- 7-8 hours
- One sleepless night=blood alcohol level of 0.08%
- Sleep deprived overindulge by 549 calories per day!



Sleep

- Caffeine
- Exercise
- Sleep promoting foods
- Environment



Manage Stress Well

- 27% working adults are 'quite a bit' or 'extremely' stressed.
- Find 10 minutes every day to spend with just YOU.
- **How do you de-stress?**



Exercise Daily

- Canadian adults are sedentary 75% of the time
- Children (8-18) spend 7.5 hours per day using media as entertainment
- Half of the decline in functional ability is due to inactivity, NOT aging
- 10 minutes per day improves health, boosts mood, improves arthritis, helps maintain weight



Exercise Daily

- Quit the sit
- Walk and talk
- Yoga at home
- 'Fit' in your ME time for stress relief!
- Be active with your family on weekends



Eat Your Vegetables

7-10 per day

- Eat with each meal
- At least 3 green vegetables



Practice Gratitude

- Happiness, reduced stress, motivated, optimistic
- Glass is half full!
- Daily Gratitude Journal=25% higher on life satisfaction

“We can only be said to be alive in those moments when our heart is conscious of our treasures.”

~Thornton Wilder



Healthy Checklist



What is your 21-day goal?