Health is Everything Meeting Kit

HEALTH ISSUES IN THE U.S

Life expectancy is at an all-time high. But the quantity of years lived does not exactly equal quality of health!!! There should be lower causes of diseases and sickness but that is not the situation.

There are some alarming statics that hi-lites this assertion.

- More than 36% of Americans are considered obese (CDC.gov)
- 29 million people in the United States have diabetes and another 89 million are considered pre-diabetic (CDC.gov)
- Heart disease is the leading cause of death in the U.S. (CDC.gov)
- There is an average of 735,000 heart attacks each year. (CDC.gov)
- Cancer claims an average of 1,630 lives every day. (Cancer.org)

A HEALTHY WORKPLACE:

- values its people and promotes trust
- promotes and encourages good relationships and collaboration
- has good communication with and between all levels of staff, and is open and transparent
- wants its people to be creative, and encourages innovation
- is aware of, and flexible about, changing work-life commitments and balance
- is aware of different cultures and religions, and supports a diverse workforce
- encourages a healthy lifestyle, does what it can to make the healthy choice the easy choice.

TIPS FOR ACHIEVING AND MAINTAINING A HEALTHY WORK/LIFE BALANCE.

Play to your Strengths: Don’t try and be all things to all people. Focus on your strengths and outsource the others.

Prioritise your time:

- Urgent and important
- Urgent but not important
- Important but not urgent
- Neither urgent nor important.

Know your Peaks and Troughs: Assign tough, high-concentration tasks to the mornings.

Plot Some Personal Time: Make time for your personal life – your “me” time, including your family and your health.

Have Set Work Hours – and Stick to Them: Set work hours for yourself and stick to them.

Find Time for your Finances: It’s important to feel confident about your finances.

Manage your Time, Long Term: Create a timeline of your activities. Include family commitments.

Make your Workspace Work for You: Get a comfortable chair, an ergonomic keyboard, a support stand for your laptop, etc.

Tap into Technology: Instead of driving to a meeting, use Skype or conferencing technologies like GoToMeeting.

Make Exercise a Must-do, not a Should-do: Ensure exercise is given as much priority as your clients and making money.

Take Time to Make Time: There are plenty of tools you can use to track everything.

Know and Nurture your Network: Prioritise growing your network and

have a structured lead/conversion system in place.

Do What you Love: Make time for something you love – other than work.

Be Realistic: At the end of each working day, perform a little self-analysis.

Step Out: Schedule some phone calls or coffee time with like-minded business owners.

Get a Business Coach: Find the cash for a business coach.

Meet Clients Halfway – Literally: Meet clients at their office, or perhaps at a café or restaurant.

Manage your mind: When fear or self-doubt or anxiety creeps in, meditate or read a business book.

Take a Break: Make a point of stretching every 15 minutes. It will help you become more productive.

Have that holiday: Make time for a holiday and book in breaks, at least quarterly.

FINAL WORD

These are just few basic things we all can do to live a healthier life. It easy to disregard this advice or stick to bad habits because it can be hard to make change. Think of someone know who is in bad health is very limited in what they are able tod do. No one wants to live like that. Be proactive and make change today for a healthier tomorrow. If you do not have your health you have nothing.