

SEVEN ESSENTIAL KEYS FOR LIFELONG HEALTH

Lisa's Definition of Health Care:

Investment in your MET (money, energy & time) for the prevention of lifestyle caused illness.

Find Your "Why" write it down and place it in a highly visible location.

The Keys:

1. Create the Blueprint
2. Mental Health
3. Social Support
4. Movement
5. Nutrition
6. Sleep
7. Rest & Restore- Stress Management

10 Action Steps

1. Write down your "why" and post it where you will see it daily
2. Check the weather inside-process emotions
3. Focus on your unique purpose in this life
4. Find at least 2 people who can support you in your health goals
5. Find a water bottle you like and keep it with you all day long
6. Goal- 30 plants each week, make a menu & keep a log
7. Spend time outdoors, sit in the sun, take a walk
8. Implement daily quiet time
9. Create a bedtime routine- get up at the same time each day
10. Learn the tools to manage stress

Lisa S. Fry, MBA-HCA, Home Instead, Lisa.Fry@homeinstead.com

Cell Number: 928-418-5616

American Council on Exercise Profile: www.acefitness.org

(Click on "Resources," "Find an ACE Pro")

Facebook, Elite Health by Lisa: <https://www.facebook.com/Elitehealthbylisa/>

To learn more, register for my class; *Adventures in Aging*, Yavapai College. 928-717-7634