

HEALTHY EMPLOYEES ARE PRODUCTIVE EMPLOYEES!
Simple, Practical Strategies for a Vibrant Life



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Employees who eat healthy are 25% more likely to have higher job performance

A growing body of literature underscores the connection between health and productivity. According to research, employees who eat healthy are 25% more likely to perform better at work, while employees who exercise 3 times a week for 30 minutes are 15% more likely to perform better at work.

Healthy employees have greater physical energy and mental acuity, take fewer sick days, and are more likely to remain longer in their jobs. Healthy employees recover from illnesses sooner and are at a lower risk of succumbing to a long-term debilitating illness. Study after study makes it clear: Investing in your

employees' health and fitness saves companies enormous amounts of unnecessary costs, making it well worth the financial investment. Plus, it's the right thing to do!

Most of your employees probably know what they need to do to stay healthy, but too often they find excuses like: "I have no willpower!" or "I'm too busy!". This presentation will equip your employees with concrete strategies that will help them overcome those excuses and negative self-talk – simple and effective strategies they can apply in their everyday life.

THINK
Yourself®
HEALTHY
Workshop

The THINK Yourself® HEALTHY workshop provides keys to live a vibrant life. We'll start with a quiz on myths and truths about health and fitness, including: How to prepare weekly meal schedules for optimal eating, what to eat before and after a workout, how to talk yourself into exercising OR out of giving up, how to transform limiting-beliefs about health, and how to create habits that lead to permanent results.

KEY MESSAGES:

- ◆ **Why Health Matters:** A fun quiz covering some of the myths about health that will help participants understand the many benefits of health and how willpower comes from within.
- ◆ **The 6 Levels of Health:** Discover the 6 levels of a person's self that will help them live a more vibrant life.
- ◆ **Creating a Healthy Environment:** Learn 4 keys to creating an environment that promotes better health.
- ◆ **Behave Yourself!** 6 key behaviors to adopt for a healthier daily lifestyle.
- ◆ **Healthy Skills:** 4 skills anyone can learn that will take their health to the next level.
- ◆ **Healthy Beliefs:** Transform 6 common limiting-beliefs that can hold your employees back when it comes to their health.
- ◆ **Creating a Healthier Identity:** 3 common identity anchors that weigh people down.
- ◆ **Being Healthy on Purpose:** How connecting your health goals to a greater sense of purpose will keep you motivated and inspire those around you.