

Fulfilled **50** AFTER

*Improving corporate health
one person at a time.*



Alice Edgerton & Karol Clark

Alice & Karol's 7 Daily Actions for Lasting Personal Wellness

1. Establish a morning routine that sets you up for a successful day.
2. Take time to meditate so you can calm your mind and focus on what you desire most for today and your life.
3. Keep a written or electronic journal so you can explore what you desire most personally/professionally, track your goals/outcomes, recognize what you are most grateful for and record lessons learned.
4. Drink a volume of water $\frac{1}{2}$ of your body weight each day.
5. Be active doing the activities you love most (goal 10K steps/day as well as resistance training 2-3 days/week).
6. Eat whole foods that are low in sugar and support optimal health.
7. Get 7-8 hours of restful sleep each night.

Consider joining our free Facebook group for daily inspiration, meal prep ideas, weight loss tips and a sisterhood of fun!

www.Facebook.com/groups/FulfilledAfter50

Strategies You Can Implement Immediately To Build a Healthier Work Culture

You are unique and your level of current and optimal health will vary. The initiatives listed below are intended to give you ideas to positively impact your overall holistic health (and the health of your entire corporation) with minimal or no cost.

1. Commit to personally implementing one or more of our 7 Daily Actions for Lasting Personal Wellness. When you experience a happy, healthy life, you are better positioned to positively influence others to do the same.
2. Consider attending a wellness retreat so you can fast track improved health.
3. Make environmental changes to your office area, breakroom or cafeteria making it more inviting to distract yourself from eating at your desk or going out for fast food.
4. Be a leader in your department when it comes to limiting high calorie/high sugar foods in the workplace to eliminate the temptation for employees focusing on personal health. Save them for special occasions only.
5. Eliminate candy at your work area. Did you know that people who have candy in or on their desk report weighing on average 15.4 pounds more than those that don't?
6. Implement a 'challenge' at work surrounding one or more of our recommended 7 Daily Actions for Lasting Personal Wellness. When combined, these small healthy habits will improve individual health and ultimately corporate health.
7. Identify a wellness champion for each department for easier implementation of initiatives and improved buy-in for each group.
8. Allow a 10-minute windows during your workday to perform meditation at your desk and/or a quick workout at your desk. This can easily be accomplished with many free online resources or just ask us for suggestions.
9. Develop an action-oriented slogan for your department that embodies the healthy culture in your department. People relate well to visual cues.
10. Introduce activities into your onboarding process for all new employees.