

Most of us have a pretty good understanding of what it takes to be fit, healthy and full of energy...  
Here's the challenge: We're not great at reshaping our habits!

# NOW is the time to Choose your Hard™

“Discipline equals Happiness™”

Your team's health habits are part of their work habits. The team members who take care of themselves are positioned to do their best work, so let's measure results and outcomes together!

## This program is all about “Being” and “Doing”

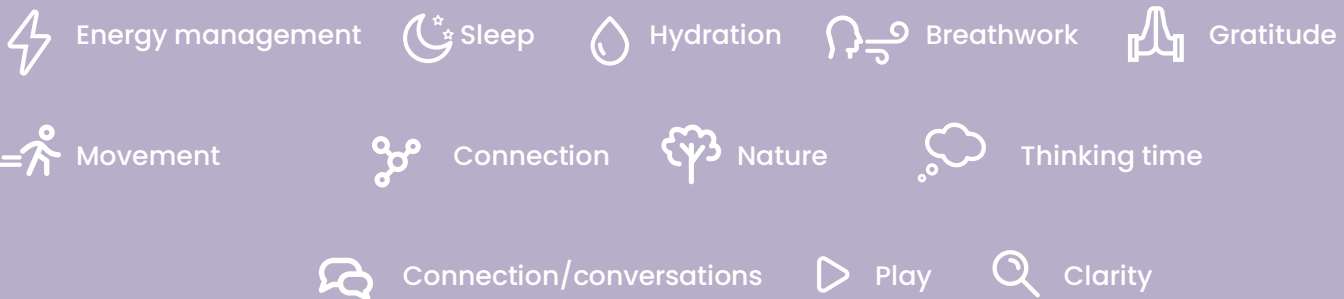
with a simple approach to wellness creating “tiny habits” each month and utilizing “leverage” along the way. All of the content that is taught is backed by actual science, research, and utilized by the longest living people on the planet (Blue Zone Communities).

Here's how it works, and the commitment is simple. Set a target to hit – all goals and milestones need a target.

- Commit to gaining knowledge (45 minute workshop each month either in person or remote)
- Commit to one tiny habit each month using “triggers” and track your results with an accountability partner
- Commit to 10 minutes each morning and evening to record how you feel and how you can be just 3% better tomorrow
- Celebrate your success and move forward

“We're either moving forward into growth or back into safety (or programs, habits)” Abraham Maslow

Each month we'll focus on one of these habits, track it, lock it in to our programming, and then grow and see the results!



To enroll now, visit [www.NevadaBenefits.com](http://www.NevadaBenefits.com), or contact Phil at 702.258.1995

✓ The journey starts here...

Each month starting now, create “tiny habits” and use leverage. Create a “SIMPLE” ritual with leverage around it.

*Examples of leverage*

- + Morning walk,
- + moving forward,
- + sun exposure and
- + quiet time with no devices.

« THIS IS  
LEVERAGE

## Choose your Hard™

*Here are a few examples of choosing your hard:*

### Obesity and related causes of death are now running rampant.

We don't wake up one day with 60 extra pounds of weight on us (this was me), it takes time, poor choices in what we eat, the timing of food intake, and the lack of movement each day. The “Hard” in this was poor health, sleep, high blood pressure, cholesterol and a pre-diabetic diagnosis costly healthcare, medications and worst of all – poor relationships. This is Hard!

The new “Hard”. Eating within a time window (no more snacking at 9 pm while watching TV), eating real food based on my body type with “cheat days” to eat pretty much what I want, walking daily, getting morning sunlight, drinking water, Vit D and quiet time (this is leverage). I do 30-45 minutes of “Zone 2” exercise (more on this in the program) 3-4 days a week and according to research, this lowers my all cause mortality risk by 3x! I push weight around 3-4 days a week, sometimes at a gym and other times just my body weight. I only drink alcohol very occasionally! I get at least 7.5 hours of quality sleep each night and I stopped watching news (almost all the time). This can be really “Hard”! The results are evident! I'm healthier, no longer pre-diabetic, I've lost 57 lbs and have kept it off for 7 years. I still have a few challenges with some minor health issues, but in NO WAY do they keep me from doing anything!



Nevada Benefits' Living Well Program