

KOF 2023
WELLNESS SEGMENT

BASIC ASSUMPTIONS:

- THRIVING IS ALL ABOUT WELLNESS
- WE DON'T GROW OLD.... WE BECOME OLD WHEN WE QUIT GROWING
(FROM PAT HYNDMAN)
- WE CAN ONLY KEEP GROWING IF WE ARE
MENTALLY/PHYSICALLY/EMOTIONALLY/SPIRITUALLY WELL
- WELLNESS TAKES COMMITMENT, CONSISTENCY AND INSPIRATION
- WELLNESS STARTS WITH A WHY PLUS A PLAN AND GOALS COUPLED
WITH A POSITIVE MINDSET AND A BELIEF IN SELF

A STORY:

- My Dad..... Successful businessman
Started from NOTHING..... broken home.... Worked from 12 yrs old
Entrepreneur
Retired @ 75
Began cutting back with Boards/Pro Bono work
Began feeling less positive about self.... Began to feel like today is
not as good as yesterday....this week not as good as last week....
This month/year not as good as last..... his world began to close in
around him.....
DIED @ 95
- My Mom:..... Concert pianist
Still performing @ 97
Got up every morning with a positive attitude/very positive with
Her relationships..... very engaging with caretakers in their
retirement community.
A positive person with a real belief in being a positive influence on
those around her....
Mom died one month short of 105 and with a smile on her
face and a strong caring for those around her.....

My story:

-I have always been an exercise freak

-Lots of marathons/triathlons/century bike rides/various running, Skiing, hiking, golfing, swimming activities

-While I would eat reasonably clean..... lots of sugar and usually larger than necessary portions..... because I really didn't need to watch what I ate given all the exercise I got.....

-THEN THE WARRANTY ON MY BODY BEGAN TO WEAR OUT.....
HAD TO QUIT RUNNING

-I do walk a lot, go to a personal trainer 2X/week, have core and push up routine I do regularly

-My numbers: blood pressure, glucose, and weight have become more of an issue.

-I recently discovered NOOM..... Probably many of you are aware or have seen their ads.....

 Involves calorie counting calories, weighing every day, reading a certain amount.....

 I have resisted calorie counting in years past as being to much of a hassle, but this APP has a very complete library.....

 Additionally it really doesn't ask you to make anything good or bad..... it defines food as GREEN, YELLOW, AND RED, and really doesn't ask you to give up anything..... it does ask you to eat mindfully, watch portions and not give in to too many mindless eating binges

-as most of you know I do have a full array of groups..... Vistage and Tiger 21..... along with reading and other learning and growing activities....

-My goal is to practice moderation in most everything.... With the aim of having physical, mental, emotional, spiritual being that is committed to growing, learning and thriving.....

QUESTIONS:

1. WHAT IS YOUR WHY

(My why is to live authentically and positively affect the journey of others)

2. What is your vision for wellness?? 5 yrs..... 10 yrs.... 15 yrs

3. What ideas do you have for your physical/mental/emotional/spiritual growth?

4. What are your initial steps in this journey?

5. Who will be your accountability partner and what kind of rhythm will you commit to?