

PLANNING FOR IMPACT



PARTICIPANT GUIDE

VIDEO SERIES

01

IMPACT

Impact your well-being by following a simple plan for optimal health.

02

FUEL

Take away the guess work. Know how to fuel your body for optimal health.

03

MOVE

With your lifestyle in mind, find ways to incorporate movement throughout the day.

04

RECOVER

Sleep is critical to the health of your brain and body. Make the time for rest and recovery.

05

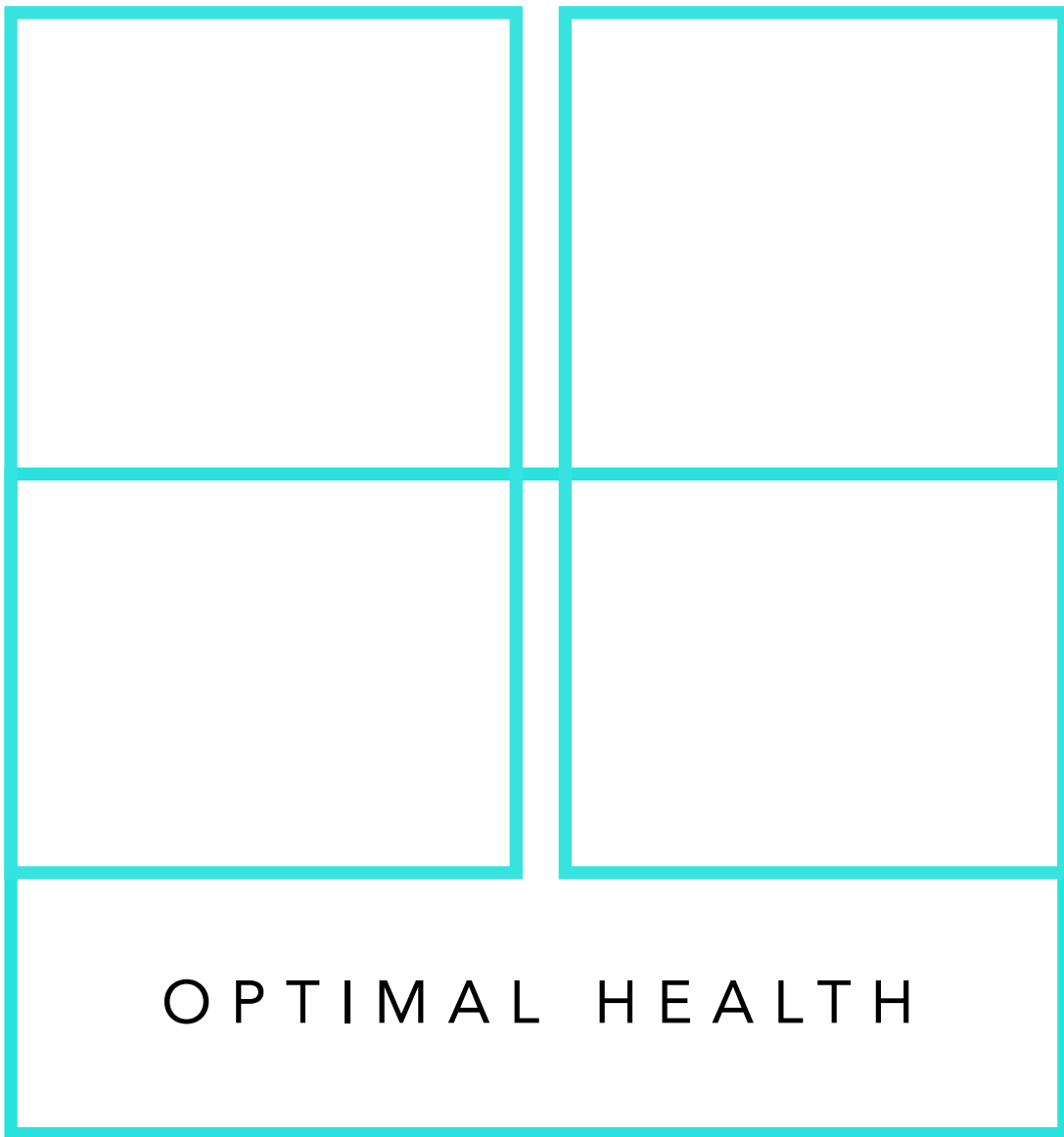
REPEAT

Have a plan for how to sustain healthy habits for a lifetime.



GUIDE

The following workbook is designed to help you create a personal health and wellness plan.*



OPTIMAL HEALTH

IMPACT equips you with a framework for making high-impact change in your physical health. The IMPACT program consists of 5 short videos, each video has a coordinating worksheet within this guide. The content of the video series draws from discoveries in the fields of physical health and neuroscience - discoveries that offer unique insights into the science of improving the human condition. This knowledge will help you begin to explore opportunities for improving or changing behaviors.

Every day we are bombarded with messages about what is best for our health. There is a veritable buffet of health and diet programs available, and we can easily be overwhelmed by the choice.

IMPACT takes the guesswork out of the equation. By focusing on the five essentials our body needs to

survive, we offer a framework for making healthy choices everyday — Breath, Drink Water, Sleep, Eat Whole Foods, Move. Do not be fooled. They may be simple, but they are not easy to do consistently over-time. Planning for optimal health is key.

*This video series is not designed to, and does not, provide medical advice. All content, including text, graphics, images and information available on or through this series is for general informational purposes only.

The content is not intended to be a substitute for professional medical advice, diagnosis or treatment. Never disregard professional medical advice, or delay in seeking it when you have a question or concern. Always seek professional medical advice before making changes to your lifestyle.

WORKSHEET #1
(To Accompany Video #1 Impact)

1. In the last year, what health initiatives have you tried? (ex: gym membership, running/walking schedule, dietary changes including eliminating certain foods or adding certain foods, drinking more water, getting more sleep, etc.)

2. Using the table below, chart your health initiatives this past year:

#	Activity	Start date:	Regularity	Sustainability
<i>ex.</i>	<i>Morning run</i>	<i>3/1</i>	<i>3x/week</i>	<i>Ended over the holidays. Will pick up when snow melts</i>
1				
2				
3				
4				
5				

3. Looking at each activity, what was the end goal/ benefit you were working toward?

#	Activity	End Goal	Potential Benefit
<i>ex.</i>	<i>Morning run</i>	<i>Run a 10k in the spring</i>	<i>Main part of my regular exercise routine</i>
1			
2			
3			
4			
5			

4. What hurdles did/do you face in sustaining your health initiatives?

5. What health initiatives, from this past year or new initiatives, do you plan for in the coming year?

6. Categorize the initiatives from question 5.

FUEL: Those activities that provide fuel for your body.

MOVE: Those activities where you move your body.

RECOVERY: Those activities that help your body rest and restore.

FUEL	MOVE	RECOVER