

Cont

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Printed in the United States of America

ISBN 978-0-944002-75-9

Five Realities of Wellness and Work

1. Your Health Habits Are Part of Your Work Habits.
2. Wellness Is a Measure of Your Worth to the Organization.
3. Fitness Maximizes Your Energy and Quality of Life.
4. The Absence of Illness Isn't Proof of Wellness.
5. Your Body Reports to You.

Live in the Strike Zone for Fitness and Health

6. Shape Your Eating Habits for the 21st Century.
7. Work Up a Sweat Every Day.
8. Program Two Kinds of Exercise into Your Life.
9. Monitor Your Weight.
10. Stay Away from Harmful Substances.

Solution #1: Learn How to Change

11. Aim Your Brain Toward Wellness.
12. Build Psychological Muscle.
13. Practice the "60-Second Commitment."
14. Don't Misinterpret Your Moments of Truth.
15. Ritualize the Big Payoff Behaviors.