

LIVING HEALTHY STARTS WITH YOU

Let's make the choice!

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TAKE CONTROL OR BE CONTROLLED



DISEASE

- Any illness that affects a person, a condition that prevents the body or mind from working normally (properly)

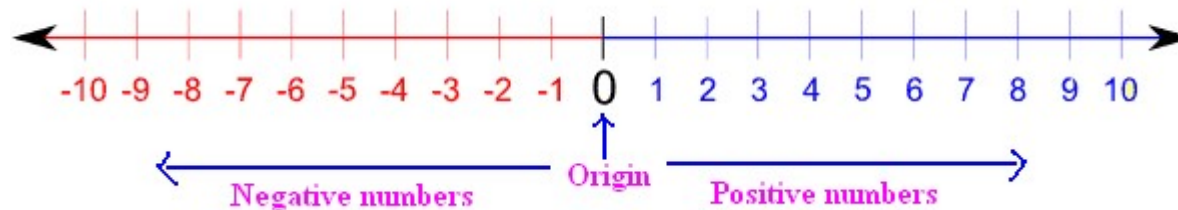
- Heart Disease, Stroke, Cancer, Diabetes Mellitus, Hypertension, Obesity, Constipation, Digestive Disorders, Skin Diseases, Arthritis, Respiratory Diseases, Oral Conditions

HEALTHY

- ◎ The sum total of personal decisions and choices which an individual has control over, and participates in on a regular basis, that contribute positively to their quality and quantity of life.
 - ◎ HOPE for the hopeless
 - ◎ You CAN increase your “RISK” for or toward healthy
 - ◎ It starts with us and expands exponentially.

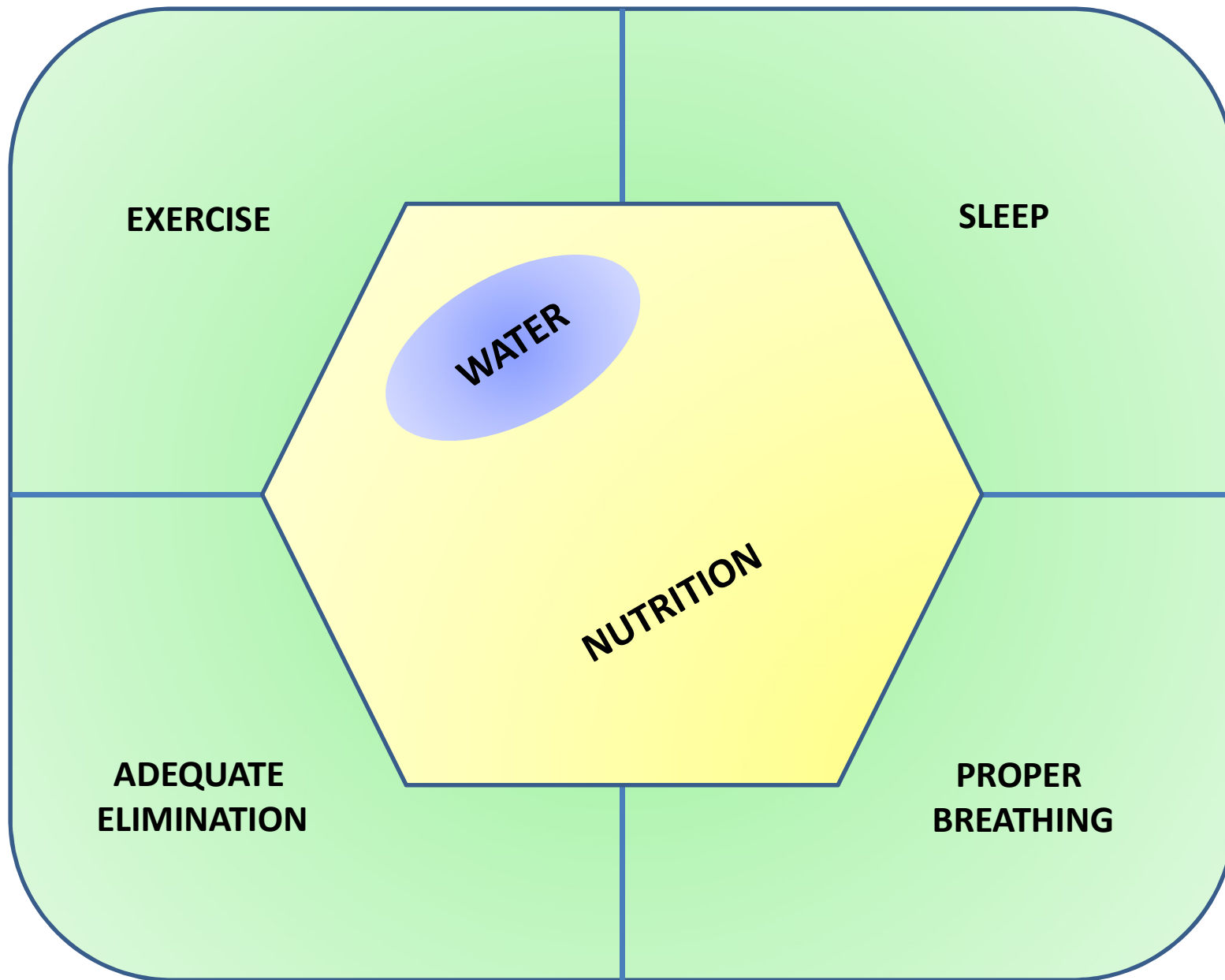
PREVENTION IS KEY

⦿ Transfer of Responsibility -
**Our ACTIONS HAVE ENMOROUS
CONSEQUENCES!!!**



CHOOSING TO CHANGE

- ◉ ***Optimist***: someone who always sees the bright side of any situation
- ◉ ***Pessimist***: someone who habitually sees or anticipates the worst or is disposed to be gloomy.
- ◉ ***Realist***: someone who can look at things as they are and deal with it in a practical manner.
- ◉ ***Lead by example***



WATER

- ⦿ For every hour that you are awake, drink 1 - 8oz glass



NUTRITION

- Rainbow of colors fruits and veggies



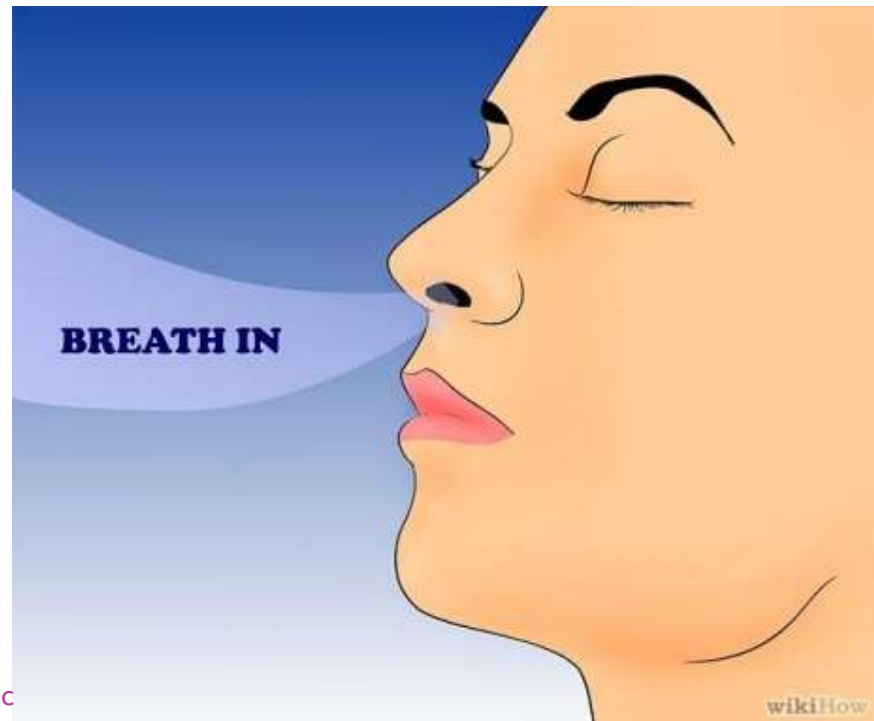
ADEQUATE ELIMINATION

- Urination & Bowel Movements DAILY



PROPER BREATHING

- ◉ We take for granted that something so vital is done correctly



SLEEP

- ◉ Living Healthy depends on rest for rejuvenation



EXERCISE

- Aerobic Fitness
- Muscular Strength & Endurance
 - Body Composition & Balance
 - Flexibility



QUESTIONS?

Middle age is
when your broad
mind and narrow
waist begin to
change places.

E. Joseph Cossman

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