



### **Part I - On the Move – Healthy Bodies & Minds!**

-Presenter Darlene Blackford [www.allthesmartmoves.com](http://www.allthesmartmoves.com)

- I. Put the oxygen mask on *yourself* first!
  - Stay as healthy as you can be so that you are there for your family as well as your clients and coworkers.
  - Sharing workable strategies (with others) is powerful!

- II. Healthy Lifestyle– Physical Activity

- Physically active lifestyle
  - Why is this so hard to do for many of us?
  - Small steps- big benefits
- If we can we make better choices - what are they?

Group interaction and sharing

- How many places in *your* community offer opportunities for exercise?
  - How many are free?
- What do you really like to do?



- At work - let's “walk and talk”
  - Possibilities of an activity box for children – let them “play” while you talk
- Brain benefits of yoga, flexibility/balance, for longevity
- building endurance for the work we do – aerobics/core strengthening
  - What is the possibility of a “lunch bunch” workout, yoga, or stretch session?



III. Healthy Lifestyle – Nutrition Top Ten

- Brainstorm and rank participants best ideas
- Making the most of *all* the resources we have
- How can these ideas be presented to your clients in “user-friendly” ways
- If “you are what you eat” ...what are you?



IV. Healthy Lifestyle - Mental/Spiritual

- meditation/praying



- breathing/imagery practice
- quiet places for reflection and mental rest
  - my garden bench and others
- How many friends you can share confidences and trust
- Managing stress – best ideas
- Find your silly side and bring it to work!

