



Eat Well



Refresh 2021: Reprioritizing Your Nutrition & Health

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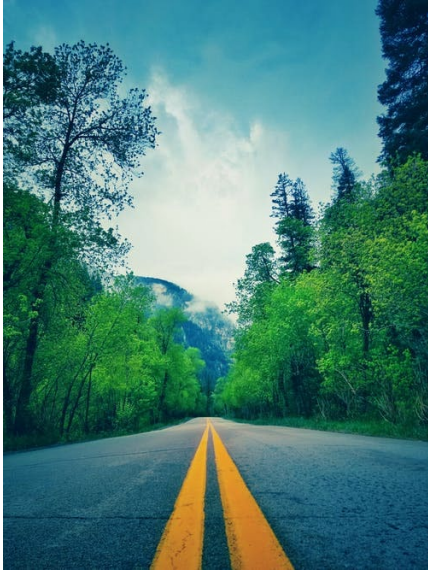
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So Long 2020!



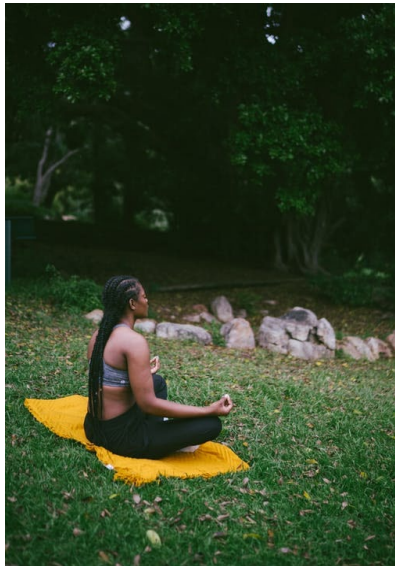
Happy New Year!





- Fresh start
- Hope
- Possibility







Refresh in 2021

- Rethink resolutions & goals
- Reprioritize nutrition & health



Goal Refresh 2021



Shut Out the Noise

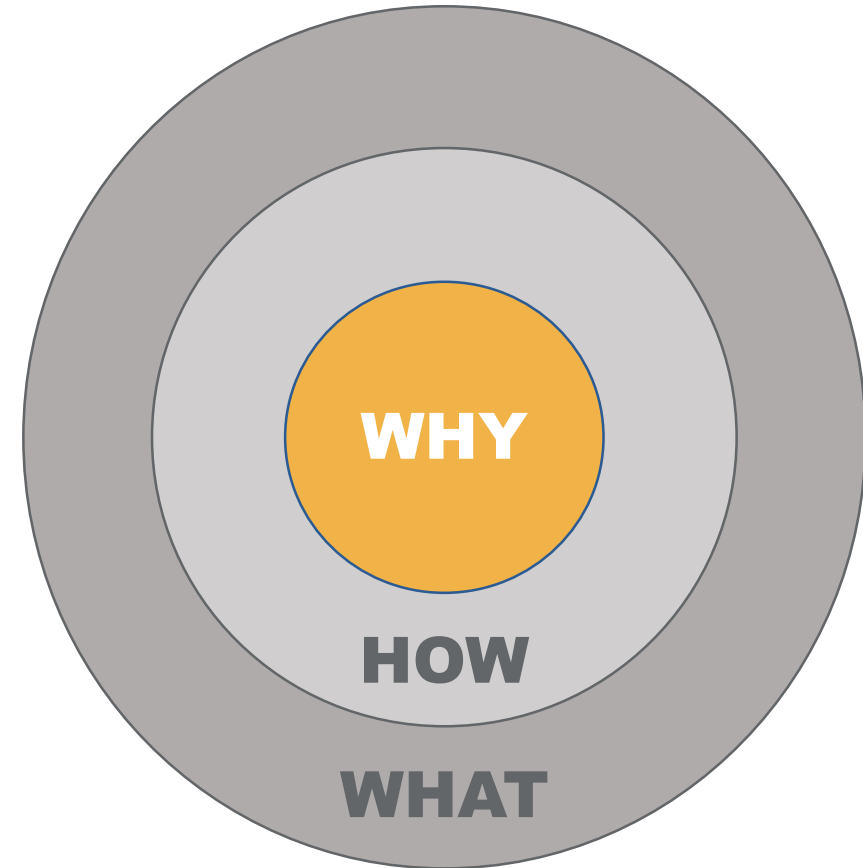
- External chatter & pressures
- Avoiding “Should”
- What do YOU want?



Know Your Why

- Real change requires purpose
- What & how are usually clear
- Why is the key

The Golden Circle



Start with Why, By Simon Sinek

Get Real with Yourself

- Where you are at
- Where you want to be
- Your why
- What you are willing to do
- Non-negotiables



Think Small

- Achievable
- Sustainable
- Less resistance
- Build momentum & confidence



Choose Process-Oriented Goals

- Focus on the process - how
- Avoid result-oriented - what



Nutrition 2021



Plant-Based

- Reduces chronic disease risk
- Reduces inflammation
- Promotes weight loss



Color

- Eat the rainbow
- Increases phytonutrient content
- Promotes plant-based diet



Whole, Unprocessed Foods

- Reduces sugar, sodium & unhealthy fats
- Improves fullness
- Helps with weight loss



Eat Regular Meals

- Fuels the body
- Prevents cravings & overeating
- Boosts energy



Cook at Home More

- Healthier
- Requires energy
- Saves money



Move More

- Physical activity
- Stress management
- Improved sleep & mood



Prioritize Sleep

- 7-9 hours
- Improves energy, food choices & exercise
- Practice sleep hygiene



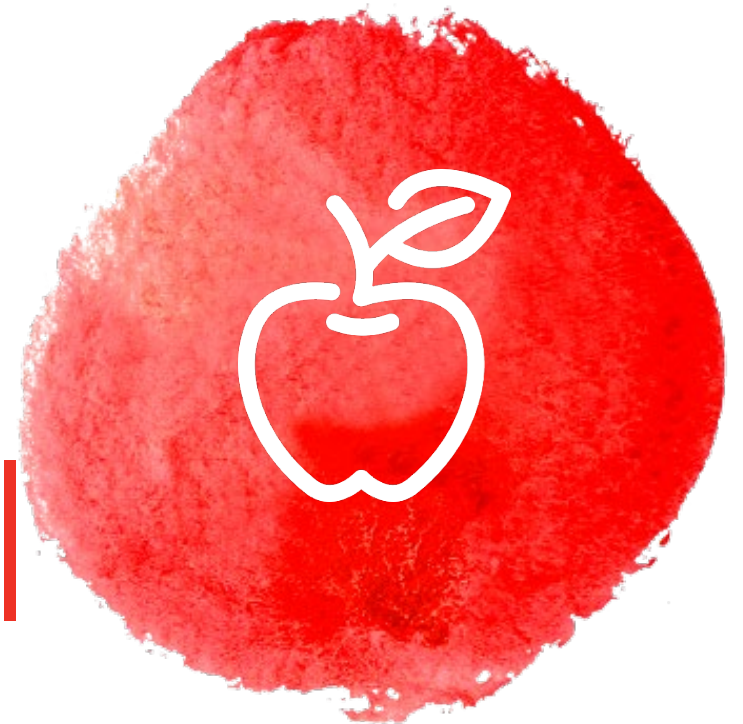
- Fresh look at resolutions & goals
- Ideas to make prioritizing your wellness simple



Thank you! Questions?

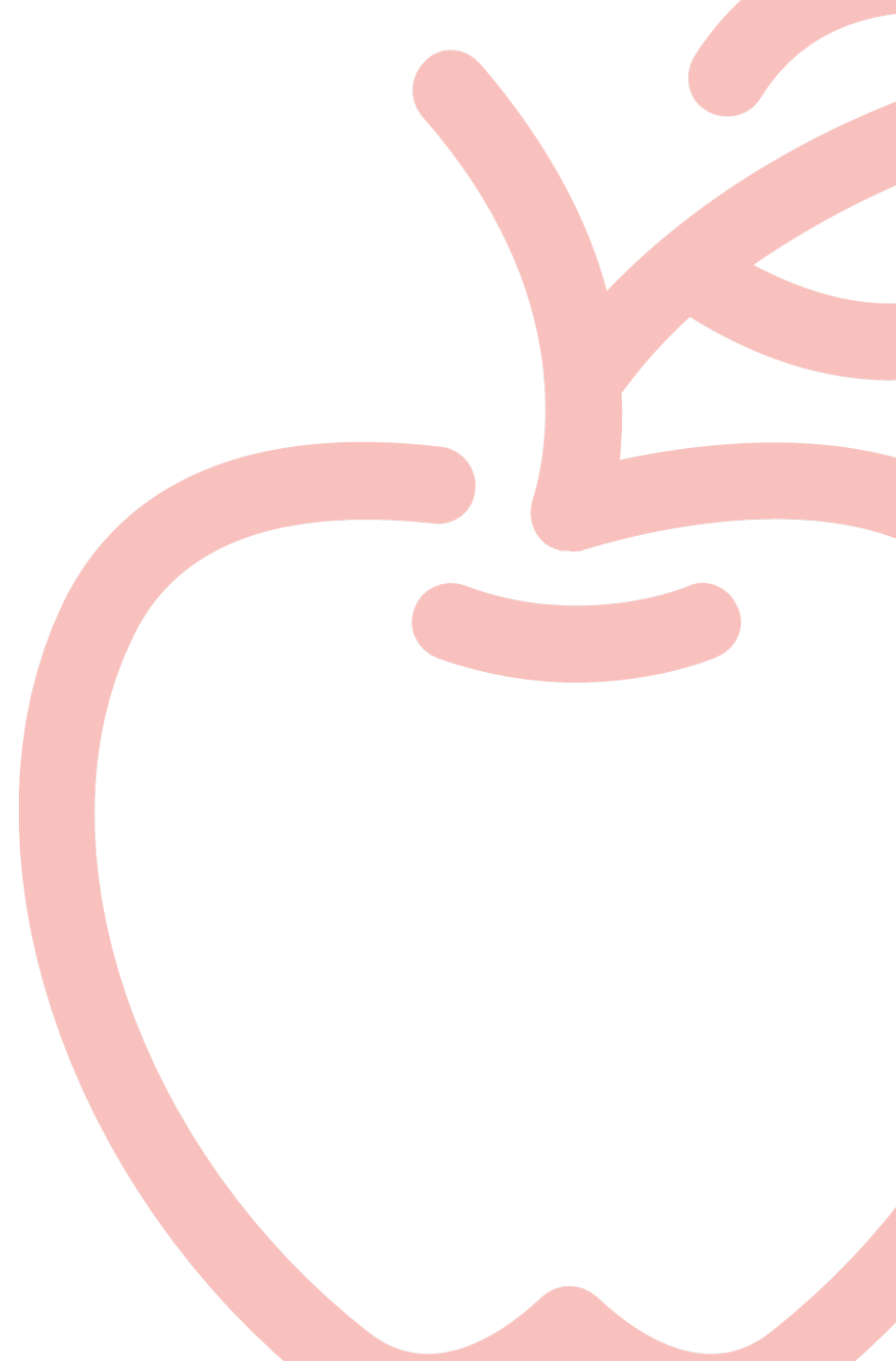
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Eat Well



Topic that fits the Eat Well category

The purpose of Men's Health Month is to heighten the awareness of preventable health problems and encourage early detection and treatment of disease among men and boys. This month gives health care providers, public policy makers, the media, and individuals an opportunity to encourage men and boys to seek regular medical advice and early treatment for disease and injury. The response has been overwhelming with thousands of awareness activities in the USA and around the globe.



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