



JOANN SCHAEFER MD

HOW WILL YOU CREATE A CULTURE OF WELLNESS?

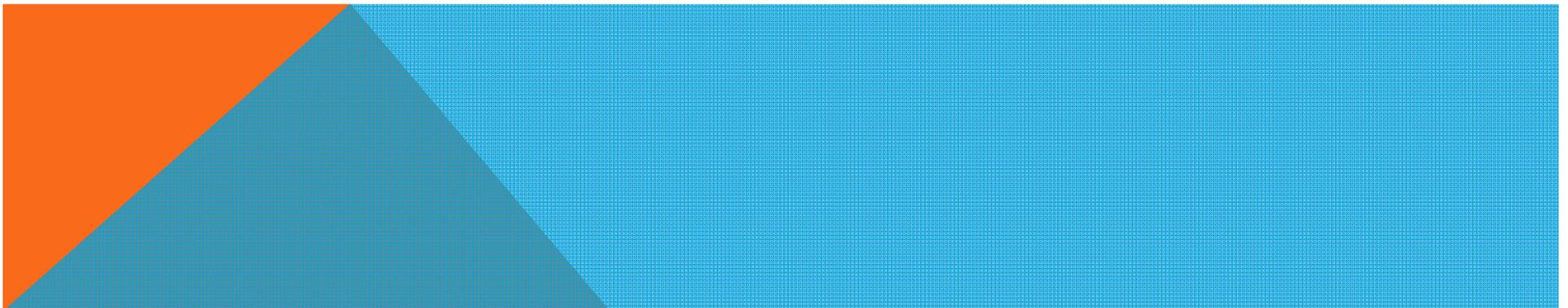
GENERAL PRINCIPLES OF WELLNESS

Physical Activity

Nutrition

Preventive Screenings

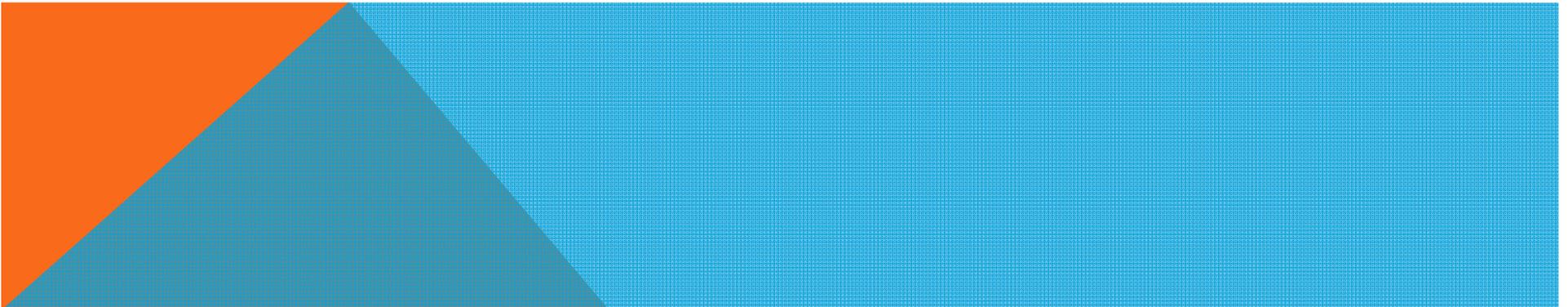
Stress Management



WHAT ARE SOME BEST PRACTICES?

Wellness Councils Of America (WELCOA) 7 C's

- 1 Capturing senior level support **
- 2 Creating a proactive wellness team
- 3 Collecting relevant data
- 4 Crafting an operating plan
- 5 Choosing appropriate Interventions
- 6 Creating supportive environments **
- 7 Carefully evaluating outcomes



WHAT BROUGHT YOU HERE THIS WEEKEND?

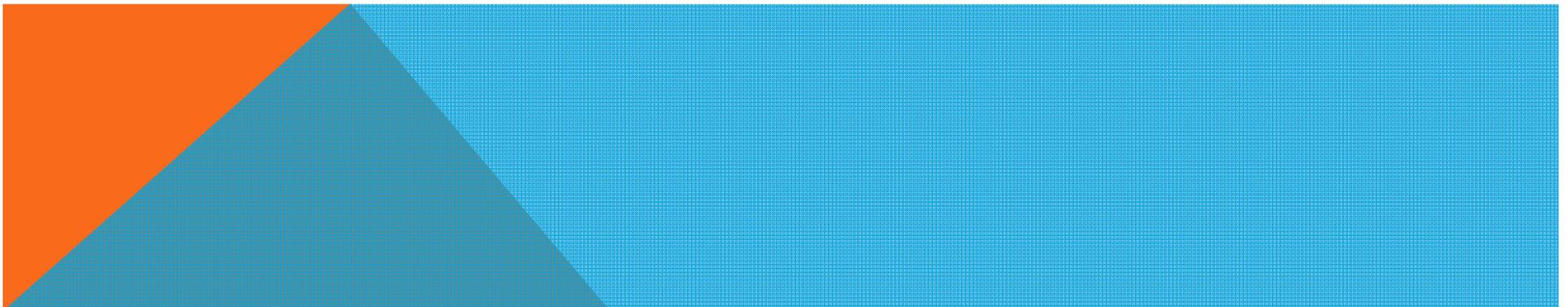
Everyone has a story...what's yours?

Have you been thinking about your goals?

Your short term and long term?

Have you asked yourself some questions about the culture in your clinic or setting?

Please don't ever be discouraged 😊! Change is hard but it's always possible!



HAVE YOU DONE A MINI CULTURE AUDIT?

VEGETABLES

BENEFITS PER COLOR



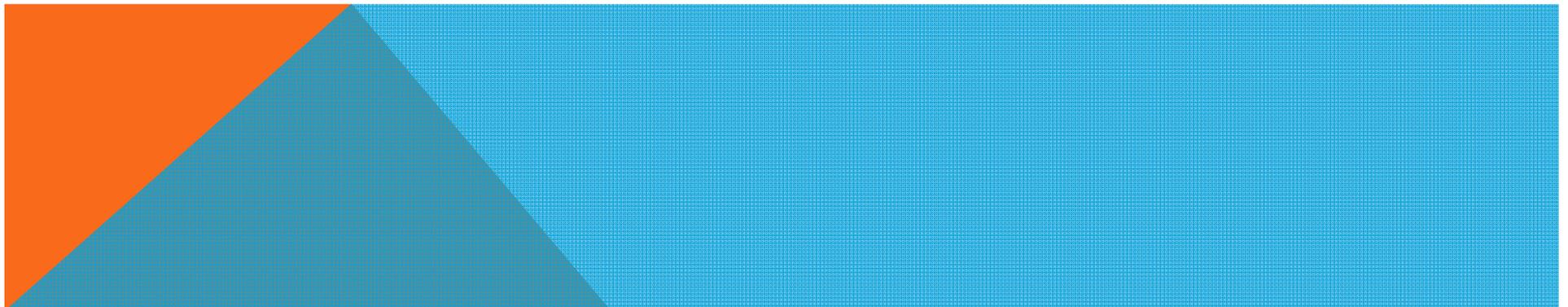
GREEN
THEY CONTAIN LUTEIN, AN ANTIOXIDANT THAT REINFORCES IMPROVED VISION. THEY HAVE POTASSIUM, VITAMIN C, VITAMIN K, AND FOLIC ACID.

ORANGE
RICH IN BETA-CAROTENE & VITAMIN C. THEY HELP PROMOTE EXCELLENT VISION, HEALTHY SKIN AND SUPPORT A STRONG IMMUNE SYSTEM.

RED
ARE RICH IN PHYTOCHEMICALS LIKE LYCOPENE AND ANTHOCYANINS, THAT IMPROVE HEART HEALTH AND DIMINISH THE RISK OF CANCER.

PURPLE
RICH IN ANTIOXIDANTS AND PHYTOCHEMICALS ARE ANTI-AGING, REDUCE THE RISK OF CANCER AND SUPPORT MENTAL CLARITY

WHITE
THEY ARE RICH IN PHYTOCHEMICALS & POTASSIUM, AND HELP REDUCE CHOLESTEROL LEVELS, LOWER BLOOD PRESSURE AND PREVENT DIABETES



I CAN HONESTLY SAY....

It is normal for people to eat healthy in my clinic

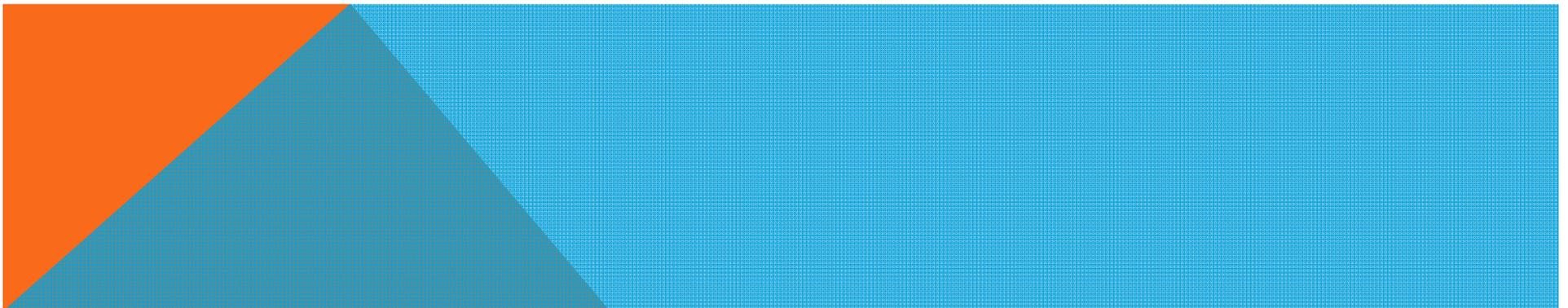
I set a good example in my clinic

I recognize people in my clinic who lead healthy lifestyles

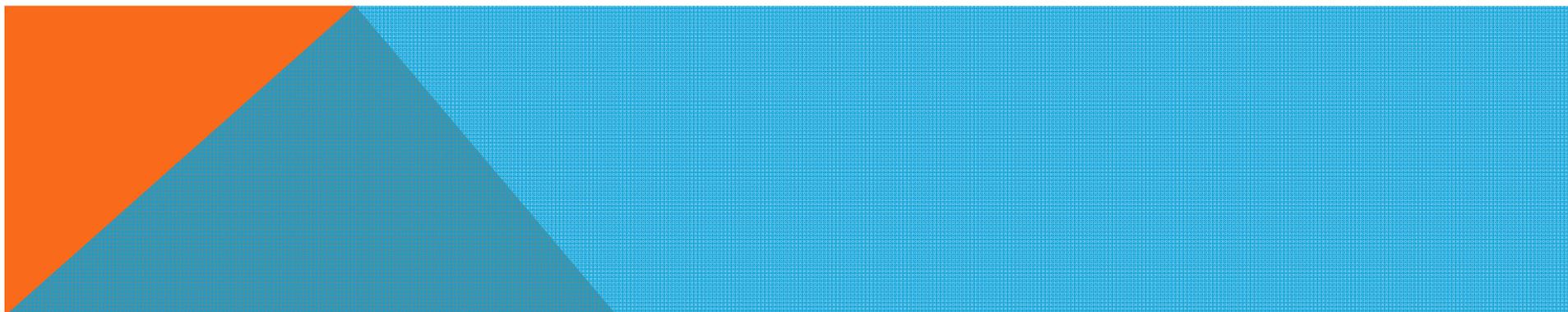
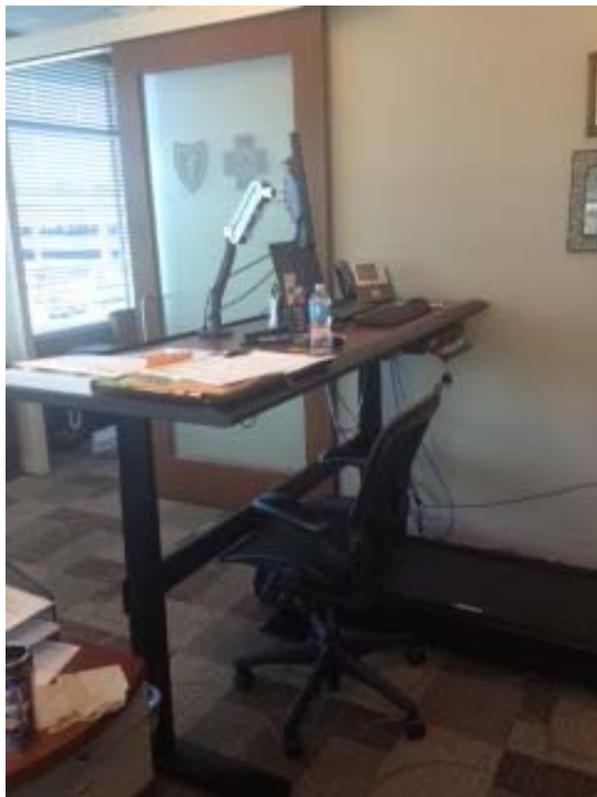
It's normal for people in my clinic not to smoke

It's normal for people to wear seatbelts

I encourage people to lead healthy lifestyles



A NEW WAY TO WORK ...



REMEMBER WHAT I TOLD YOU 5 MINUTES AGO?

Physical activity- so how do you move all day?

Do you wear a pedometer?

Nutrition-so how do you eat?

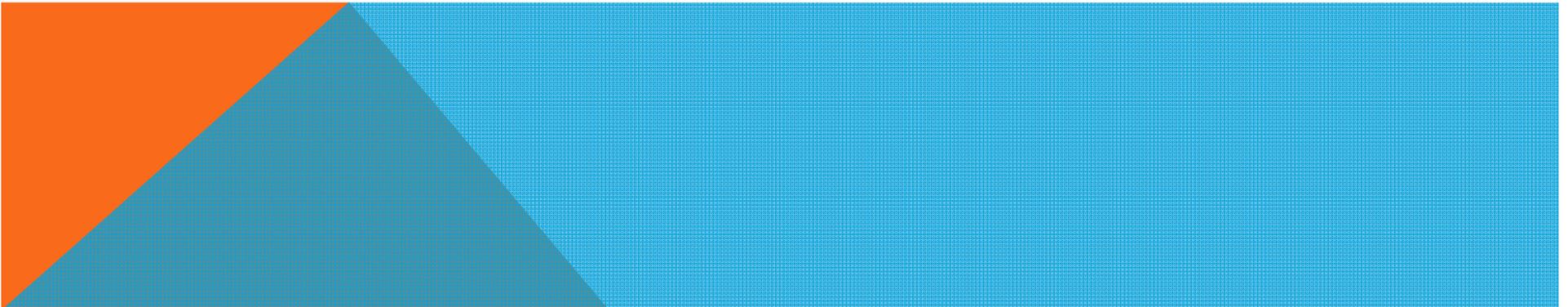
Do you skit lunch really even drink water?

Preventive Screening?

Are you current? Vaccines too?

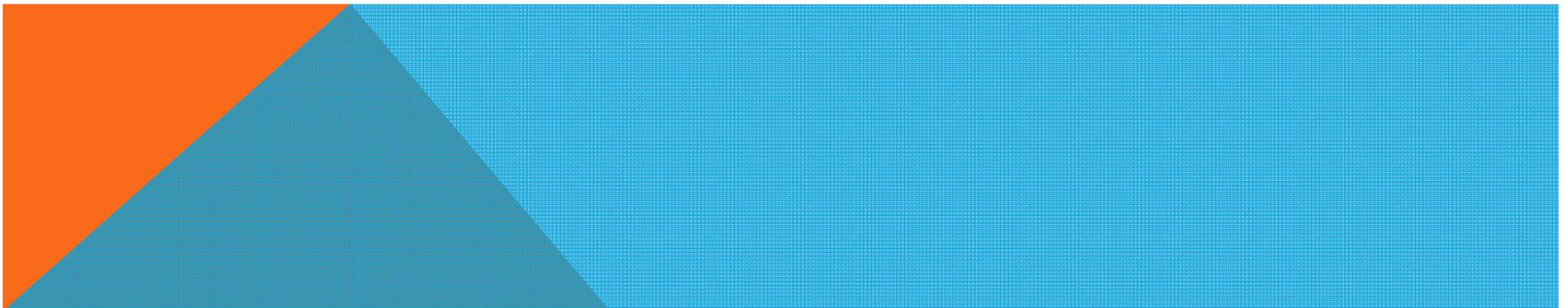
Stress Management?

How do YOU relieve stress? Is it in a healthy way?



**SUCCESSFUL WELLNESS PROGRAMS ALL
START WITH LEADERSHIP**

**TAG YOU'RE IT!
AND YOU CAN DO IT!**



SO MAYBE YOU CAN'T DO ALL 7 C'S TO START

But you can start with these until you can do them:

Engage the office on what they see as “healthy” changes

Walking breaks, meetings,

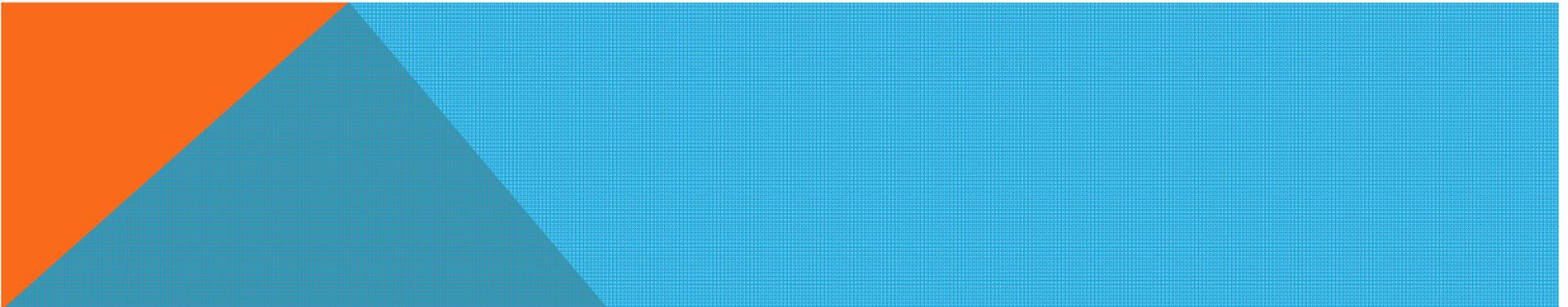
Walking or exercise club

Healthy breakfast club

Food policies

Pedometers

Fitness challenges



IDEAS CONTINUED

Stress management coach

Fitness coach (split cost)

Swap out chairs for exercise ball chairs

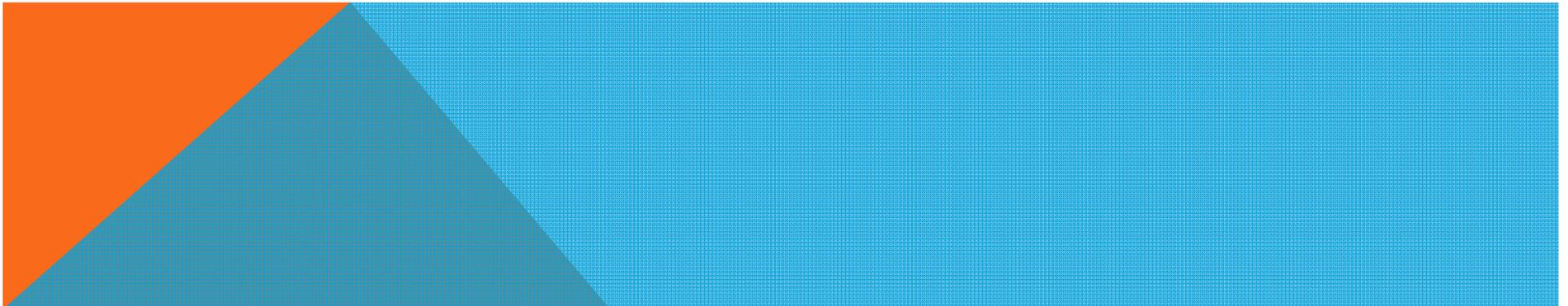
Standing desks

Educational lunches

Healthy recipe swap parties

Office napsI'm not kidding

There are many others ...little changes go a long way



YOUR WELLNESS PLAN

Get your team together

Do an assessment quickly on your culture

Ask some tough questions of yourself

Make a plan for short term and long term goals

Make some changes

Evaluate in 6 months

Don't be discouraged! Change is hard but it can be done!

You've taken the first step by being here!

