

An Approach to Health for the

WHOLE PERSON

Humans are a sum of their parts, especially when it comes to physical and mental health. If any part is out of balance, it can impact other parts of the person. Likewise, making healthy habit changes in one area bring positive results to the whole person.

CHALLENGES

Mental health can be significantly impacted by our lifestyle. Conversely, mental health influences lifestyle and overall health.



Depression is linked to insomnia, unexplained pain, stomach issues, and a decrease in the body's ability to fight infection.¹

A diet high in refined sugar **impairs brain function and worsens mood disorders** like depression.²

Genetics factor into our health, both positively and negatively. Understanding our genes can help us make the best choices for our health.

Genes can influence an individual's behavior and predisposition for being overweight by as much as

80%⁷



**BDNF
DRD2
MC4R
FTO**

These genes can significantly impede a person's ability to achieve their health and wellness goals.^{8, 9, 10, 11}

Even small daily lifestyle choices about nutrition and exercise add up to a significant impact on health.



More than **3,600** calories

Eating too few fruits and vegetables can cause **vitamin and mineral deficiencies** that negatively impact nerve, skeletal, and cardiovascular health.¹³

are consumed by Americans a day—far higher than the recommended daily requirement of 2,000 for women and 2,500 for men.¹⁴

An unhealthy diet can **increase the risk of all diagnosed cancers** by

▲ 40%¹⁵



≈ **60%** of our health and quality of life are related to lifestyle choices.¹⁸

Social determinants of health (SDOH) play a significant role in a person's health and should be considered in any health improvement program.

10.5%

of US households are **food insecure** at some point during the year.²¹



1 in 3

Americans **lack the security of knowing** they have access to medical care if they need it.²²

HABIT CHANGE

Tiny daily changes in nutrition, exercise, and well-being create healthy habits that improve physical and mental health.



Adequate sleep, meditation, and stress management improve health and mood.^{3, 4}



Exercise lowers stress and anxiety.⁵



A nutritious diet supports optimal health in the relationship between the gut and the brain.⁶



Leverage momentum from achieving one goal to begin working on the next goal.

Our genetics can be taken into account when focusing on habit change and health improvement.

Coaching and accountability help individuals **overcome the genetic influencers** that lead to negative habits.¹²

Understanding a person's genetic makeup helps create a more effective habit change plan that leads to **long-term health improvement**.

Making small, sustainable habit changes that improve nutrition, exercise, sleep, and stress management lead to better health.

A higher intake of fruits and vegetables can **reduce the risk of death** from cardiovascular disease by **4% per daily serving**.¹⁶

A healthy diet **reduces the risk** of obesity, heart disease, type 2 diabetes, and some cancers.¹⁷



An active lifestyle **reduces fatigue and increases energy**, which can lead to more time spent with family and friends.¹⁹



Lifestyle changes can reduce the risk of developing type 2 diabetes by

▼ 58%

and 71% for those over 60.²⁰

While habit change providers do not directly impact SDOH, coaches provide personalized support that accommodates the factors.



Dedicated coaches provide support based on **each person's unique social and financial situation**.



Identifying healthy diet and activity choices that are available for **every income level**.²³



Offering a program **at no cost to the employee** ensures that **everyone has access to habit-changing, life-changing resources**.

1 <https://www.healthgrades.com/right-care/depression/how-depression-affects-your-body>
2 <https://www.health.harvard.edu/blog/nutritional-psychiatry-your-brain-on-food-201511168626>
3 <https://www.apa.org/research/action/sleep-deprivation>
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15 <https://www.cdc.gov/chronicdisease/resources/publications/factsheets/nutrition.htm>
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