



This is our Project Healthy Body mission statement. Think company culture:

“I care for myself by making choices based on what I know is good for me when things feel hard because I am learning to be a healthy person and am I am grateful for all I have and all I am. I am enough.”

“I care for myself (**self-love**) by making (**lifestyle**) choices based on what I know (**education**) is good for me when things feel hard (**resilience**) because I am learning (**growth mindset**) to be a healthy person and am I am grateful (**gratitude**) for all I have and all I am. I am enough.”

Building Your Bike

SELF-LOVE

Self-love is: the regard for one's own well-being and happiness.

GROWTH MINDSET:

If I change nothing, nothing will change. You must be open to change, to learning new things.

LIFESTYLE CHOICES

“Between stimulus and response lies a space. In that space lie our freedom and power to choose a response. In our response lies our growth and our happiness.” -Viktor Frankl

Holocaust survivor, died in 1997

Book: “Man’s Search For Ultimate Meaning”

YOUR choices are now those of a “Healthy Person”. If you want to be happy, healthy and successful then make choices that support those goals.

RESILIENCE

Resilience is how you must now see yourself because you are a healthy person. Healthy people are not victims of the world around them. They work hard to bounce back, to persevere....to get back on the bike and climb the hill.

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Start now: every time you start to feel bad about yourself, or hear the negative whispers of doubt do something for yourself that is hard, but positive. Build resilience. What do I mean by do? That is exactly what I mean...when your body starts to flood with “feelings”feel the flood and:

- Go walk around the block, OR
- Do 10 squats, OR
- 10 pushups, OR
- Do a plank for 10 seconds
- Walk up and down some stairs

Make a choice to start building resilience by breaking the neurons that fire and have connected to poor choices. But it has to be something that pushes you a little out of your box. This is not willpower, this is not saying, “I won’t eat that”, this is breaking a cycle. You may come back from your walk and still make the poor choice, but it is unlikely because you broke the circuit. You took the space between stimulus and response and you made a different choice. Your brain had to stop, refocus, and build...doing something it didn’t see coming. Build new patterns.

Today I am no longer on Cruise control, I am engaged in my health.

GRATITUDE

“Gratitude is a quality similar to electricity: it must be produced and discharged and used up in order to exist at all.”- William Faulkner

Gratitude opens the door to new relationships, improves physical and mental health. It enhances empathy, reduces aggression, it improves resilience, helps strengthen self-love, and grateful people sleep better, and make better choices because they are more aware of their role in the Universe, and the part they are playing.

Gratitude makes the hard work easier, and the hard work makes you more grateful. Again, the interdependent circle.

Education

Your number one job as a “Healthy Person” is to become educated in what healthy people eat. Why they eat it. How they live, choices they make, and why they make them. This is your new passion and

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hobby. You now eat, breathe and sleep “HEALTHY”! Get excited! Read up! Learn a new fact everyday. It is through education that you will open your growth mindset, and it is through education that you will be motivated to make healthy lifestyle choices, and support your journey to overall life-long health.

Self-love, Growth Mindset, Lifestyle choices, Education, Resilience and Gratitude.